



Salmon Burgers

1/2 pound wild salmon fillets, chopped fine
1/2 cup yellow bell peppers diced small
1 cup diced scallions
1/4 cup low-fat coconut milk
2 large eggs, beaten
3 tablespoons chopped cilantro
3/4 cup whole wheat bread crumbs
Pinch of salt and pepper

4 whole wheat sandwich buns

- 1) In a large bowl, combine all ingredients except whole wheat buns.
- 2) Form into round patties, about 1/2-inch thick.
- 3) Chill for 30 minutes.
- 4) Pre-heat oven to 425 degrees
- 5) Line a cookie sheet with parchment paper.
- 6) Place salmon patties on parchment paper
- 7) Bake salmon burgers for 10-12 minutes until just cooked through*

Serve with assorted burger toppings

* Chef Laurie Tip: An instant read thermometer is a great tool for determining doneness, for most fish the temperature should read 140 degrees