

# ASIAN-STYLE SALMON BURGERS

## INGREDIENTS:

- 1 pound skinless salmon fillets
- 2 teaspoons Dijon mustard
- 1/3 cup shallots
- 2 tablespoons soy sauce
- 1 tablespoon ginger, finely minced
- 1 teaspoon garlic, minced
- 1 teaspoon sesame oil
- 1/3 cup panko crumbs
- 2 teaspoons black pepper
- 2 tablespoons olive oil

## DIRECTIONS

1. Rinse salmon and dry well. Remove bones and cut salmon into chunks.
2. Put 1/4 of salmon in food processor, along with mustard, shallots, soy sauce, ginger, garlic, and sesame oil. Process until a smooth paste, stopping several times to scrape down sides of bowl. Add remaining salmon and pulse machine off and on to chop salmon chunks and combine them with paste; don't turn remaining salmon into paste — the remaining salmon should stay a 1/4 inch.
3. Scrape mixture into bowl. Add panko and pepper and hand mix into salmon. Divide into four parts and make patties.
4. Pan-fry in olive oil over medium high-heat until browned. Serve with tomatoes or avocados.
5. Patties can be covered well and refrigerated until ready to cook.

## Nutrition Facts

Serving Size (139g)  
Servings Per Container 4

Amount Per Serving

**Calories 220**      **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**      **14%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 75mg**      **25%**

**Sodium 140mg**      **6%**

**Total Carbohydrate 9g**      **3%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein 26g**

Vitamin A 4%      • Vitamin C 2%

Calcium 2%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Benteh Nuutah**  
Valley Native Primary Care Center  
Wellness Center  
(907) 631-7630  
southcentralfoundation.com

Source: [aicr.org](http://aicr.org)

