

Salmon Burgers and Sweet Potato Oven Fries

Rating: ★★ ★

Prep time: 15 minutes

Makes: 4 Servings

A colorful, casual meal that's surprising simple to prepare.

Ingredients

For the Sweet Potato Oven Fries:

- 4 large low sodium sweet potatoes (yams)
- 1 **1/2 tablespoons** canola oil
- 1 **tablespoon** lemon pepper seasoning blend

For the Salmon Burgers:

- 1 **can** 14.75-ounce pink or red salmon
- 2 green onions, chopped
- 1/2 **cup** chopped red bell pepper
- 8 crackers, unsalted tops (saltine-like), crushed
- 2 **teaspoons** lemon juice
- 2 Egg whites from 2 eggs, whisked
- 2 **tablespoons** plain low-fat yogurt
- 1/4 **teaspoon** ground black pepper
- cooking spray
- 4 whole-wheat buns
- 8 leaves Bibb Lettuce
- 2 medium tomatoes (sliced)

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	490	
Total Fat	14 g	22%
Protein	25 g	
Carbohydrates	69 g	23%
Dietary Fiber	11 g	44%
Saturated Fat	2 g	10%
Sodium	590 mg	25%

MyPlate Food Groups

Vegetables	1 1/2 cups
Grains	2 ounces
Protein Foods	3 ounces

1. Place oven rack in center, heat oven to 425°F.
2. Wash and scrub sweet potatoes, slice into wedges, length-wise.
3. In a large bowl, toss potato wedges with canola oil and seasoning.
4. Spread on cookie sheet. Roast in the oven, turning occasionally, until tender and golden brown, about 30-40 minutes.
5. While sweet potatoes are roasting, prepare salmon burgers. Drain salmon; place in a medium mixing bowl and flake.
6. Fold in green onions and red pepper, crushed crackers, lemon juice, egg whites and yogurt.
7. Shape into 4 patties.
8. Coat large nonstick skillet lightly with cooking spray; heat.
9. Cook salmon burgers until golden brown, turn, and continue cooking until other side is golden brown.
10. Serve burgers with sliced tomatoes and lettuce, and sweet potato oven fries.

Notes

Serving Suggestions: Serve with a glass of 100% berry juice blend.

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