Salmon Burgers with Spinach & Sun-dried Tomato Orzo

Serves 4. Total time 30 minutes.

**Salmon Burgers**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>12 oz. salmon, cooked and flaked or</td>
<td>4 egg whites</td>
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<tr>
<td>1 (15 oz.) can wild Alaskan salmon</td>
<td>2 T. lemon juice</td>
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<tr>
<td>1/3 cup chopped green onion</td>
<td>2 T. canola oil, divided</td>
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<tr>
<td>2 cups whole wheat breadcrumbs</td>
<td>4 lemon wedges</td>
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<tr>
<td>1 tsp. seafood seasoning (such as Old Bay®)</td>
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**Directions:**

1. In a large bowl, combine salmon, green onion, breadcrumbs, seafood seasoning, egg whites, and lemon juice. Shape mixture into 8 (½ inch thick) patties. Warm 1 T. of canola oil in a large nonstick skillet over medium-high heat. Add 4 patties and cook 3 minutes on each side until golden brown and cooked through. Repeat procedure with remaining 1 T. oil and 4 patties. Serve with lemon wedges.

**Spinach & Sun-dried Tomato Orzo**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>6 ounces uncooked orzo pasta</td>
<td>3 T. lemon juice (juice of 1 lemon)</td>
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<tr>
<td>½ cup dry-packed sun-dried tomatoes, chopped</td>
<td>1 T. trans-free tub margarine</td>
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<tr>
<td>4 cups fresh baby spinach, chopped</td>
<td>4 T. grated Parmesan cheese</td>
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**Directions:**

1. Bring a large pot of water to boil. Add orzo and cook for 6 minutes. Add sun-dried tomatoes, cook for 2 minutes until pasta is tender, and drain. Return pasta mixture to pan, add spinach, and stir until the spinach wilts. Stir in lemon juice, margarine, and top with Parmesan cheese.

**Total Meal Nutrition Information (per ¼ of each recipe):**

- 465 calories, 35 g protein, 16 g fat, 3 g saturated fat, 47 g carbohydrate, 4 g fiber, 51 mg cholesterol, 575 mg sodium

1 serving equals: 1 grain, 1 protein/dairy, 1 vegetable, 2 fat
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Shopping List

Produce Section
- 4 cups fresh baby spinach, chopped
- 1/3 cup chopped green onion
- 5 T. lemon juice (about 2 lemons)
- 4 lemon wedges (about 1 lemon)

Dry Goods Section
- 6 ounces uncooked orzo pasta (see tip #1)
- 2 cups whole wheat breadcrumbs (see tip #2)
- 1/3 cup dry-packed sun-dried tomatoes, chopped
- 2 T. canola oil
- 1 tsp. seafood seasoning (such as Old Bay®)

Meat/Dairy Section
- 12 oz. salmon, cooked and flaked (see tip #3) or 1 (15 oz.) can wild Alaskan salmon (see tip #4)
- 4 egg whites
- 4 T. grated Parmesan cheese
- 1 T. trans-free tub margarine

Smart Shopper Tip #1:
Orzo is rice shaped pasta. If you can’t find it, substitute small shell pasta.

Smart Shopper Tip #2:
If you can’t find whole wheat breadcrumbs, you can easily make them at home. Toast a few slices of 100% whole grain bread and let them cool. Break them into large pieces and pulse them in a food processor or coffee grinder until they are crumbs. Store extra bread crumbs in the freezer.

Smart Shopper Tip #3:
To bake a fresh salmon filet, place it in a baking dish coated with nonstick cooking spray skin side down. Bake for 15-17 minutes until the fish is cooked through and flakes easily with a fork.

Smart Shopper Tip #4:
Canned and pouch packed wild Alaskan salmon are very economical ways to enjoy this heart-healthy food. Canned salmon usually contains tiny edible bones while pouch packed salmon does not. Be aware that most varieties are a little high in sodium so watch your portion size. Look for both varieties with the canned tuna fish in your local supermarket.