



BROILED SALMON BURGERS

Intermediate Lifestyle

Ingredients

½ cup Hellman's "lite" mayonnaise
1/4 cup lemon juice, divided
1 garlic clove, minced
1 cup dry breadcrumbs
1/4 cup fat-free milk
2 TBS minced shallots
2 TBS Dijon mustard
5 (4 oz.) salmon fillets (about 1" thick)
cooking spray
5 Thomas' English muffins or "light" hamburger buns or Arnold's Sandwich Thins

Instructions

1. Preheat broiler.
2. Place breadcrumbs in a shallow dish. Combine 2 TBS lemon juice, milk, shallots and mustard in a medium bowl.
3. Dip 1 fish fillet in milk mixture and dredge in breadcrumbs. Repeat the procedure with remaining fish.
4. Place fillets on a broiler pan coated with cooking spray, and broil for 7 minutes on each side or until the fish flakes easily when tested with a fork.
5. Place fillets on bottom halves of English muffins or buns. Spread with 2 TBS mayonnaise mixture. Cover with muffin/bun tops.

Portion-Per-Serving Information: (Yields 5 servings)

Serving = 1 salmon burger and 1 English muffin/light bun = 1 PR, 1-1/2 G, 1 FT