Salmon Burgers

Makes 24 patties.

Ingredients

- 5 cans salmon, drained (bones removed)
- 250 ml (1 cup) mayonnaise
- 625 ml (2 ½ cups) breadcrumbs
- 30 ml (2 tbsp) fresh or dry parsley
- 10 ml (2 tsp) lemon juice
- 5 ml (1 tsp) black pepper
- 24 small whole wheat hamburger buns (or dinner rolls)

Instructions

1. In a food processor, pulse together salmon, mayonnaise, bread crumbs, parsley, lemon juice and pepper until it comes together. You could also mix well in a large bowl (but you will need to finely chop the parsley).
2. Shape into patties.
3. Place patties on a greased grill or frying pan with vegetable oil, over medium heat.
4. Brown on both sides and heat through.
5. Patties are done when a thermometer reads 70°C (158°F).

TIP:

- To cut down on cost, you could substitute salmon for canned tuna.