



Salmon Burgers

Serving Size: 4 oz patty

Number of Servings: 32

Meal Pattern Contribution: 4 oz meat/meat alternate

Source: Indigenous New Hampshire Collaborative Collective

Ingredients:

- 2 64 oz (8lbs) cans of salmon, drained and flaked, reserve the liquid
- 8 eggs, lightly beaten
- 8 cups cornmeal
- 4 cups green onion, finely chopped
- 4 cups sunflower oil
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 375°F.
2. Add the salmon, cornmeal, and green onions to the lightly beaten egg. Add salt and pepper.
3. Work the mixture by hand to form into firm patties. If it is too dry, add some of the drained salmon juice. If it is too wet, add some more cornmeal.
4. Spray a baking sheet with oil or brush on to coat.
5. Portion patties using a 4 oz (1/2 cup) scoop and place on oiled tray.
6. Bake at 375°F for about 10 minutes until bottoms are golden brown, then flip and bake for another 10 minutes until 135°F minimum, golden brown on both sides.
7. Serve on a bun, with toppings of your choice!

Did you Know...

- »»» "Salmon" is the common name for several species of fish in the family Salmonidae.
- »»» Salmon can live in both fresh water and salt water
- »»» The oldest salmon fossil found is thought to be around 50 million years-old!
- »»» Salmon can be three different colors over the course of their life- juvenile salmon are light-colored and spotted. During their adult years, they are silvery-blue. When they are old enough to spawn, they turn deep red, and their heads are green!
- »»» Salmon is a rich source of omega-3 fatty acids, which have been showed to reduce inflammation and blood pressure.
- »»» A 3oz portion of salmon can provide you with 82% of the recommended daily allowance for vitamin B12!
- »»» In Celtic lore, salmon is associated with wisdom and spirituality.
- »»» Salmon is a good source of vitamin D.