



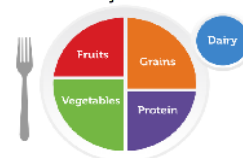
SALMON BURGERS

 @Gleanersfan

WATCH RECIPE VIDEO HERE



Color your meal!



MyPlate.gov

Ingredients:

1 can (14oz) pink salmon in water (drained)
1 2/3 cups cracker or bread crumbs (coarse)
1 small onion, chopped
celery (1/2 cup chopped, optional)
Wholewheat burger buns

2 eggs (well beaten)
2/3 cup lowfat milk
salt & pepper (to taste)

Directions:

1. Wash hands with soap and water.
2. In a large bowl mash the drained salmon with a fork, mashing in any soft bones.
3. Add cracker crumbs, onion, celery, eggs and milk to the salmon. Mixture will be moist.
4. Spray a large skillet with non-stick cooking spray. Heat skillet. Drop salmon mixture onto the skillet using a 1/3 or 1/2 cup measuring cup. Brown on both sides.
5. Place in wholewheat burger bun with optional lettuce and slice of tomato.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
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LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

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1-888-544-8773

 Operated by the Food Bank Council of Michigan
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خط المساعدة



للوصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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linktr.ee/GleanersKitchen

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!