

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

SALMON BURGERS

Both convenient and nutritious, canned wild Alaskan salmon is great to have on hand when you want an alternative to ground beef or tuna. The seasonings and colorful sauce in this recipe not only add Asian flair, but health-protective [phytonutrients](#), vitamins and minerals.

Salmon Burgers

- 1-2 Tbsp organic [olive oil](#)
- 2 Tbsp finely chopped organic [onion](#)
- 1 teaspoon fresh [ginger](#), minced
- 1 teaspoon fresh [garlic](#), minced
- 12 oz canned or fresh cooked wild Alaskan salmon
- 1 organic egg
- ¼ cup Panko breadcrumbs
- Handful of organic [spinach](#) leaves
- 4 small whole wheat pita pockets or 2 large whole wheat wraps, cut in half

Mandarin Sesame Sauce

- 1 can canned mandarin orange segments
- ½ [organic red bell pepper](#), cored and seeded
- 1 clove garlic
- 1 Tbsp sesame oil
- 1 Tbsp hoisin sauce
- 1 teaspoon toasted sesame seeds

Saute the chopped onion in olive oil over medium heat until soft (about 7 minutes). Make the sauce: place the orange segments, red pepper, garlic, sesame oil, hoisin sauce and sesame seeds in a blender or food processor with 1 Tbsp water and pulse until well blended. Place mixture into small bowl.

In a food processor, combine the sautéed onion, ginger, garlic, breadcrumbs, egg, and salmon, and pulse until very well blended. Shape this mixture into 4 burger patties and sauté them in olive oil over medium-low heat. Cook each side uncovered for 2 minutes or until a golden crust appears. Put a few leaves of spinach in each pita pocket or over each half-wrap, and place salmon patty on top. Add a healthy spoonful of sauce. Serves 4.

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