

## Cajun Salmon Burgers

*This burger is a tasty way to enjoy the benefits of salmon in a more exciting way than traditional fillets. It's rich in heart healthy omega-3 fatty acids and the spices add a bold taste without extra calories.*

**Yield:** 2 servings

**Serving Size:** 1 burger

### Ingredients:

#### Patties

- 6 oz. canned salmon
- 1/4 cup plain breadcrumbs
- 1 large egg
- 1 tablespoon light mayonnaise
- 1/2 teaspoon stone ground mustard
- 1 green onion, sliced

#### For Cooking:

- 1/2 tablespoon oil
- 1/2 tablespoon butter

### Cajun Seasoning

- 1/2 teaspoon smoked paprika
- 1/4 teaspoon oregano
- 1/4 teaspoon thyme
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1 pinch cayenne (or to taste)
- 1 pinch freshly cracked pepper
- 1/8 teaspoon salt

#### To serve:

- 2 hamburger buns
- 1 cup spring mix salad

### Instructions:

1. Drain the canned salmon and add it to a bowl with the breadcrumbs, egg, mayonnaise, mustard, green onion, and Cajun seasoning spices. Stir to combine the ingredients, then refrigerate for 30 minutes to allow time for the spices to blend and the breadcrumbs to absorb moisture.
2. After 30 minutes, shape the salmon mixture into two patties, about 3-4 inches in diameter each.
3. Heat the oil and butter over medium heat in a large skillet. Once the butter is melted and begins to foam, add the salmon burgers and cook for 3-5 minutes on each side, or until the burgers are well browned.
4. To serve, place one burger on each bun and top with a small handful of spring mix.

*Chef Tip: you may use store-bought Cajun seasoning instead, but be aware that such seasoning blend is often high in salt.*

Per Serving: Calories 380 kcal, Carbohydrates 33g, Protein 26g, Sat Fat 3g, Sodium 543mg, Added Sugar 1g  
This recipe was adapted and modified from THE BUDGET BYTES <https://www.budgetbytes.com/cajun-salmon-burgers/>