



Oakhurst, NJ 732.663.0222	Marlboro, NJ 732.536.2027	Brooklyn, NY 718.998.8898	Cedarhurst, NY 516.569.6400
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<b>BROILED SALMON BURGERS</b>	<b>Intermediate Lifestyle</b>
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**Ingredients**

- ½ cup Hellman’s “lite” mayonnaise
- ¼ cup lemon juice, divided
- 1 garlic clove, minced
- 1 cup dry breadcrumbs
- ¼ cup fat-free milk
- 2 TBS minced shallots
- 2 TBS Dijon mustard
- 5 (4 oz.) salmon fillets (about 1" thick)
- cooking spray
- 5 Thomas’ English muffins or “light” hamburger buns or Arnold’s Sandwich Thins

**Instructions**

1. Preheat broiler.
2. Place breadcrumbs in a shallow dish. Combine 2 TBS lemon juice, milk, shallots and mustard in a medium bowl.
3. Dip 1 fish fillet in milk mixture and dredge in breadcrumbs. Repeat the procedure with remaining fish.
4. Place fillets on a broiler pan coated with cooking spray, and broil for 7 minutes on each side or until the fish flakes easily when tested with a fork.
5. Place fillets on bottom halves of English muffins or buns. Spread with 2 TBS mayonnaise mixture. Cover with muffin/bun tops.

**Portion-Per-Serving Information:** (Yields 5 servings)

Serving = 1 salmon burger and 1 English muffin/light bun = 1 PR, 2 G, 1 FT