



Thai Fish Burgers

- 2 cans **Crown Prince Natural Pink Salmon**, drained and mashed
- 2 tablespoons chopped peanuts
- 1/2 cup fresh bread crumbs
- 4 cloves garlic, minced
- 3 shallots, minced
- 1 small stalk lemongrass, minced
- 1 red chili pepper, finely chopped
- 2 tablespoons chopped fresh cilantro
- 2 green onions, sliced
- 1 egg white
- 1 tablespoon soy sauce
- 1 tablespoon red curry paste
- 2 tablespoons dried bread crumbs
- 2 tablespoons shredded Parmesan cheese
- 1 tablespoon canola oil



Combine all ingredients except for oil and mix well. Shape into patties. Heat oil in a skillet and cook patties about 2 minutes on each side, or until lightly browned and heated through. *Serves 4.*

NOTE: Serve on hamburger buns with lettuce and tomatoes.

Per Serving: 295 Calories (117 Calories from Fat), 13g Fat, 20g Protein, 26g Carbohydrate, 22mg Cholesterol, 624mg Sodium