



# Simple Salmon Sliders



1 can (14.75 oz.) salmon  
1 egg, slightly beaten  
1/2 cup breadcrumbs  
Zest of 1/2 lime  
1 Tablespoon Dijon mustard

1/2 teaspoon fresh ginger, grated  
1 Tablespoon fresh cilantro, chopped  
1 teaspoon low-sodium soy sauce  
Salt and pepper, to taste  
6 whole wheat slider buns

**Instructions:** Spray indoor grill or non-stick skillet with cooking spray. Heat to medium heat. In a medium bowl, combine salmon, egg, breadcrumbs, lime peel zest, mustard, ginger, cilantro, low-sodium soy sauce, and salt and pepper, if desired. Using clean hands, form mixture into 6 salmon patties. Grill (or cook in a skillet) on medium heat for 4 minutes on each side. Top with grilled pineapple rings, avocado, goat cheese, or tartar sauce and pair with a whole wheat bun.

*Yield: 3 servings, 2 sliders each*

**Nutrition Facts** (per serving): 430 calories, 13 grams fat, 1190 milligrams sodium, 44 grams carbohydrate, 2 grams fiber, 41 grams protein