

Wasabi Salmon Burgers

Entree

Recipe courtesy EatingWell

Bring out the flavors of salmon with a Japanese-inspired infusion of ginger, sesame oil and wasabi. If you serve these patties on whole-wheat buns, consider reduced-fat mayonnaise and sliced cucumbers as condiments. Or skip the buns and set the patties atop a salad of greens, carrots, radishes and sprouts.

4 servings

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients:

- 2 tablespoons reduced-sodium soy sauce
- 1 1/2 teaspoons wasabi powder, (see Note)
- 1/2 teaspoon honey
- 1 pound salmon fillet, skinned (see Tip)
- 2 scallions, finely chopped
- 1 egg, lightly beaten
- 2 tablespoons minced peeled fresh ginger
- 1 teaspoon toasted sesame oil

Preparation:

- Whisk soy sauce, wasabi powder and honey in a small bowl until smooth. Set aside.
- With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy). Continue chopping, rotating the knife, until you have a mass of roughly 1/4-inch pieces. Transfer to a large bowl. Add scallions, egg, ginger and oil; stir to combine.
- Form the mixture into 4 patties. The mixture will be moist and loose, but holds together nicely once the first side is cooked.
- Coat a large nonstick skillet with cooking spray and heat over medium heat for 1 minute.
- Add the patties and cook for 4 minutes. Turn and continue to cook until firm and fragrant, about 3 minutes.
- Spoon the reserved wasabi glaze evenly over the burgers and cook for 15 seconds more.

Tips & Notes:

Ingredient Note: Wasabi powder, when mixed with water, becomes the green paste most of us know from sushi restaurants. The powder is available in jars in the Asian aisle of most supermarkets.

Tip: To skin a salmon fillet: Place it on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand.

Nutrition:

Per serving: 184 calories; 7 g fat (1 g sat, 2 g mono); 117 mg cholesterol; 3 g carbohydrates; 27 g protein; 0 g fiber; 369 mg sodium; 464 mg potassium.

Nutrition Bonus: Selenium (84% dv), omega-3s

Exchanges: 4 lean meat