



# Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

## Salmon Burgers

The World Health Organization recommends that adults consume at least 250-500 mg. of omega-3 fats per day. Research shows that omega-3 fats are beneficial to overall health but most Americans are not consuming near enough. Eating foods high in omega-3 fats may reduce the risk for some cancer. They are also good for the heart because they decrease triglycerides, slow/prevent the build-up of plaque in the arteries and may assist with managing blood pressure. Fish and shellfish, eggs and dairy products, flax and chia seeds, walnuts, and spinach and Brussel sprouts are examples of some foods that provide omega 3-fats.

Eating the recommended amount of omega-3 fats is easy with fish added to your diet. This is why the American Heart Association recommends eating two servings of fish/shellfish per week. Fatty fish like salmon, mackerel, herring, lake trout, sardines and tuna and shellfish are great sources. A serving size of fish is about 3-4 oz., cooked, or about ¾ of a cup, flaked (canned).

To gain the greatest health benefits from fish and shellfish while limiting the risk of exceeding the safe levels for mercury exposure, it is important to vary your choices and choose fish that have lower levels of mercury. To assist you with making choices, consumption recommendations are included in the box to the right.

This meal uses canned salmon to quickly prepare a tasty, heart healthy "burger" topped with cheese and served on a whole wheat bun. To keep the meal heart healthy and nutritious the rest of the plate is filled with a fresh spinach, walnut, and mandarin salad.

### Recommendations for Consuming Fish

- Eat up to 12 oz. a week of a variety of fish and shellfish that are lower in mercury. Fish that are low in mercury are shrimp, canned light tuna\*, salmon, pollock, and catfish.



\*Albacore (white) tuna is higher and mercury and should be limited to 6 oz. per week.

- The Food and Drug Administration (FDA) advises women who may become pregnant, pregnant women, nursing mothers, and young children to!
  - o Only consume fish and shellfish that are low in mercury.
  - o Avoid shark, sword fish, king mackerel, and tilefish because these are high in mercury.
- For fish caught locally, check local advisories for information on the safety of fish caught in local lakes, rivers, and on the coast. If there is no advisory, limit consumption to only 6 oz. per week of fish caught in local waters and don't consume any other fish during that week.

For more information, see:

[www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591).



### Directions: Serves 4

1. Drain and discard the liquid from the canned salmon and then pour the drained salmon into a mixing bowl.
2. Separate the salmon down the center and remove and discard the large bone. Add 1 tbsp. dried basil, ¼ tsp. garlic powder, 1 egg, and about 8-10 whole wheat crackers (crumbled) to the salmon and then mix well. (If the mixture is too crumbly, then add milk, one tbsp. at a time; or if it is too wet, then add a couple more crumbled crackers).
3. Divide the mixture into four equal portions and then form into "burger patties."
4. Heat a non-stick skillet coated with 1 tbsp. of olive or coconut oil over medium heat. Once the oil is heated, add the salmon burgers.

5. When the bottom of the burgers begin to brown a bit, (about 3-4 minutes), flip them over, cover and let the other side cook for an additional 3-4 minutes.
6. While the burgers are cooking, prepare the salad by mixing a 16 - 20 oz. bag of fresh baby spinach leaves with a 14.5 oz. can of drained mandarin oranges, ¼ cup of balsamic vinaigrette dressing, and ½ cup of walnut pieces.
7. Top each burger with a slice of your favorite cheese and serve on a whole wheat bun.
8. Divide the salad into 4 equal portions and then serve one portion of salad and a salmon burger on each plate.

### Tip:

- Use salmon to top your salads.

DISCLAIMER: You may use any like products of any brand in making this healthy choice meal. The pictures here are not an endorsement of these products.

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