

SALMON BURGER

Yield: 4 Servings



TOTAL TIME: 15 minutes

INGREDIENTS

- 4 (about 4 oz. each) Wegmans Ready to Cook Salmon Burgers
- 4 whole wheat soft sandwich rolls
- 8 tsp. Wegmans Horseradish Cream Sauce, divided
- 8 thin slices red onion
- 4 tomato slices

PREPARATION

Preheat grill on high 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil. Place burgers on grill. Reduce heat to medium.
2. Sear burgers on grill 2 min., until they have changed color about one-quarter of way up from bottom. Turn over; sear 2–3 min. Turn again; reduce heat to medium-low. Close lid.
3. Cook about 10 min. until internal temp. reaches 165 degrees. Check internal temp. by inserting thermometer halfway into the thickest part of the burgers. Transfer to a clean platter; set aside.
4. Spread rolls with 2 tsp. sauce each. Top with burger, 2 slices onion and 1 slice tomato.

NUTRITION

Per serving: Calories: 560; Fat: 20 g (4 g saturated fat); 1410 mg omega-3 fats; Cholesterol: 95 mg; Carbohydrates: 53 g; Protein: 41 g; Sodium: 690 mg.

Recipe courtesy of Wegmans