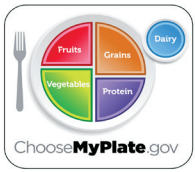


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



SALMON BURGERS AND SWEET POTATO OVEN FRIES

A colorful, casual meal that's surprisingly simple to prepare.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

Sweet Potato Oven Fries

- 4 large sweet potatoes (yams)
- 1½ tbsp canola oil
- 1 tsp lemon pepper seasoning blend
- Egg whites from 2 eggs, whisked
- 2 tbsp plain low-fat yogurt
- ¼ tsp ground black pepper
- Cooking spray
- 4 whole-wheat buns

Salmon Burgers

- 1 14.75-ounce can pink or red salmon
- 2 green onions, chopped
- ½ cup chopped red bell pepper
- 8 crackers, unsalted tops (saltine-like), crushed
- 2 tsp lemon juice
- Bibb lettuce, 8 leaves
- 2 medium tomatoes, sliced

DIRECTIONS:

Place oven rack in center, heat oven to 425 °F. Wash and scrub sweet potatoes, slice into wedges, length-wise. In a large bowl, toss potato wedges with canola oil and seasoning. Spread on cookie sheet. Roast in the oven, turning occasionally, until tender and golden brown, about 30-40 minutes. While sweet potatoes are roasting, prepare salmon burgers. Drain salmon; place in a medium mixing bowl and flake. Fold in green onions and red pepper, crushed crackers, lemon juice, egg whites and yogurt. Shape into 4 patties. Coat large nonstick skillet lightly with cooking spray; heat. Cook salmon burgers until golden brown, turn, and continue cooking until other side is golden brown. Serve burgers with sliced tomatoes and lettuce, and sweet potato oven fries.

Serving Suggestions:

Serve with 8 oz of 100% berry juice blend.



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	1½ cups
Grains	2 oz
Protein	3 oz

Nutrition Facts	
Serving Size 436 g	
Amount Per Serving	
Calories 490	Calories from Fat 130
%Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 590mg	25%
Total Carbohydrate 69g	23%
Dietary Fiber 11g	44%
Sugars 19g	
Protein 25g	
Vitamin A 730%	Vitamin C 120%
Calcium 25%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation

