

SALMON SLIDERS WITH LEMON-DILL SPREAD

INGREDIENTS

SALMON PATTIES:

- 1 (14 3/4-ounce) can unsalted sockeye or pink salmon, drained
- 3/4 cup plain dried whole-wheat breadcrumbs, divided
- 1 medium green onion, chopped
- 2 teaspoons grated lemon peel
- 1/8 teaspoon freshly-ground black pepper
- 1/4 cup reduced-fat mayonnaise
- 1 large egg, slightly beaten
- 1 tablespoon honey
- 2 tablespoons canola oil, or more if needed

LEMON-DILL SPREAD:

- 1/2 cup plain reduced-fat Greek yogurt
- 2 tablespoons chopped fresh dill
- 1 tablespoon Dijon mustard
- 1 tablespoon freshly squeezed lemon juice
- 1 clove garlic, minced
- Salt, to taste

FOR SERVING:

- 6 (2 1/2-inch) whole-wheat buns, lightly toasted
- 1 medium tomato, sliced
- 1/2 cup thinly sliced cucumbers



DIRECTIONS

1. Coarsely flake the salmon into a medium bowl. Add 1/4 cup breadcrumbs, green onion, lemon peel and pepper; mix. Set aside.
2. Combine mayonnaise, egg and honey in a small bowl. Mix into the salmon mixture.
3. Form salmon mixture into six 1/2-inch thick patties. Put the remaining 1/2 cup breadcrumbs on a plate; coat salmon patties well with crumbs, firmly shaping them so the patties are compact. Refrigerate, covered, for at least 1 hour to firm the salmon patties.
4. Meanwhile, prepare lemon-dill spread. Combine yogurt, dill, mustard, lemon juice, garlic and salt in a small bowl; blend well. Cover; chill until ready to assemble the salmon sliders.
5. Heat oil in a 10-inch non-stick skillet on medium heat. Cook the salmon patties for about 5 to 6 minutes on each side, turning gently. Cook until golden brown.
6. To assemble salmon sliders, cover the insides of the toasted buns with lemon-dill spread. Arrange the salmon patties, tomato and cucumbers on top.