

SALMON BURGER WITH BOK CHOY, GINGER AND LEMONGRASS

Salmon burgers provide a tasty alternative to old-fashioned beef burgers along with the benefit of healthy omega-3 fats. These burgers have a refreshing appeal from the lemongrass and ginger. Top with traditional plant-based burger toppings on a hearty whole-grain roll. Tuna can be substituted for salmon as well. For those sensitive to spices, they can be toned down as needed. **Yield: 4 Servings**

INGREDIENTS:

- 1 lb. salmon fillet (or canned salmon)
- 3 cups bok choy, chopped finely (green leafy top only)
- 3 scallions, minced
- 1 Tbsp. finely grated ginger (peeled)
- 1 Tbsp. finely grated lemongrass (dried lemongrass can be substituted if fresh is not found)
- Salt and pepper to taste
- 1 large egg white
- 1 Tbsp. soy sauce
- Cilantro (optional)

DIRECTIONS:

- 1. Cut salmon into ¼ inch dice (or use canned salmon), stir into mixture of bok choy, scallions, ginger, lemongrass, salt and pepper in large bowl until combined.
- 2. Beat together egg white and soy sauce in a small bowl and stir into salmon mixture.
- 3. Form into four patties that are $\frac{1}{2}$ inch thick.
- 4. Heat non-stick skillet over medium heat. Add 1 Tbsp. of olive oil to cover bottom of skillet. Add salmon patties, cooking for approximately 3-4 minutes per side.
- 5. Serve hot.
- 6. Top with cilantro leaves, if desired.

NUTRITIONAL DATA:

173 calories, 7.2 grams fat, 1 gram saturated fat, 50 mg cholesterol,3.6 grams carbohydrate, 1 gram dietary fiber, 24.3 grams protein

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Cancer Fight program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.



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