

THINKING OUTSIDE THE BOX

GRILLED FISH BURGERS WITH CUCUMBER DILL SAUCE



During grilling season, we often default to using fresh meats on the grill but there are other options that can help add variety. Canned meats like salmon, tuna, and chicken are high protein sources and have the benefit of longer shelf lives while keeping a small footprint in your pantry. This means they are a great option to keep in your pantry as an ever-present item that can be used in a variety of ways such as making into “burger” patty and grilled.

These items can be added to many dishes to increase the protein content while keeping costs low. One concern with processed food can be the sodium content. Many processed food items contain higher levels of sodium than their fresh counterpart. This does not mean that enjoying a low sodium diet excludes all processed foods but to find a balance.

Americans, on average, consume around 3,400 mg of sodium per day so keeping track of the sodium you consume is important. A diet high in sodium is a major factor leading to high blood pressure. Left unchecked this can raise the risk of heart attack, heart failure, stroke, kidney disease, and even blindness. This week, consider keeping a log of the amount of sodium you consume so you can see where it might be easy to make changes for lower sodium options. You can use our recipes to assist you as many of them include the sodium level per serving.

If some of your favorite foods are high in sodium, to decrease your sodium consumption while still enjoying these foods, reduce the serving size and/or choose lower sodium items throughout the day. On those days, take care to consume low or no sodium foods so that your daily intake does not exceed the recommended maximum of 2,300 mg, that is equal to about 1 teaspoon of table salt, as part of a healthy eating pattern. For those that may be at a higher risk of heart disease or high blood pressure, check with your doctor as the recommended level may be lower. To assist with keeping your sodium level in check, use our Dietitian Approved Tags and Dietitian Approved Recipes to assist you. Many of our recipes provide the sodium content per serving. The Nutrition Facts Panel that is printed on food packages is another great resource.

This dish combines the ease and economical benefits of pantry staples with the comforts of the grill. The patties need at least an hour to harden in the refrigerator so these can be prepared the night before for an easy and quick week night meal or a low stress option on the weekends

MACROS / SERVING SIZE:

Protein 27 g | Fat 6 g | Carbs 32 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 291 | Protein 38 % | Fat 19 % | Carbs 43 %

NUTRIENT / SERVING SIZE:

Fiber 4 g | Sodium 878 mg | Sat. Fat 1 g

INGREDIENTS (Serves 4)

Fish Burgers

- 1 14-15 oz. canned salmon or canned tuna, drained
- 2/3 to 1 cup dried bread crumbs or Panko
- 2 tbsp. sliced green onions (scallions)
- 1 large egg
- 1 minced garlic clove or ¼ tsp. garlic powder
- 1 tbsp. fresh cilantro, chopped
- Dash of black pepper (optional)
- 4 whole wheat hamburger buns

Cucumber Dill Sauce

- ½ cup plain Greek yogurt
- Zest of one lemon
- ½ to 1 garlic clove, minced (if you like garlic, use the whole clove)
- 1½ tbsp. fresh dill, chopped
- ½ tsp. salt
- ½ small English cucumber, chopped very small

DIRECTIONS:

1. To make the fish patties place all of the ingredients in a medium bowl, in the order listed. If using salmon, remove and discard the large center bone prior to placing the fish in the bowl. Using a fork, gently mix the ingredients until well incorporated being careful not to over mix causing the fish to turn to mush.
2. Shape the fish into four equal sized patties about ½ inch thick and place them on a single layer on a plate. Carefully place foil over the plate to cover the patties and then refrigerate them for about an hour. This helps them hold up to grilling.
3. While waiting for the patties to chill, make the sauce by placing all the ingredients in a medium-sized bowl and gently mix. Place the sauce in the refrigerator until ready to serve so the flavors can blend.
4. After about an hour of the patties chilling, spray a grill rack with cooking spray. Heat the grill to medium heat. Place the patties on the grill and cover. Cook for 3-4 minutes. Remove from grill.
5. Serve each patty on top of a whole wheat hamburger bun alongside your favorite piece of seasonal fruit.

DIETITIAN TIP

Just because a food does not taste “salty” does not mean it is not high in sodium. Be on the look out for hidden sodium in processed foods. Adding a little salt to at the table for taste is okay especially, if you aim to choose items lower in sodium. Unless you are baking, leave the salt out of the recipe and just add it at the table before consuming.



A list of recipes on [commissaries.com/healthy living](https://www.commissaries.com/healthy-living) also has nutrition education.