

Alaska Salmon Mediterranean Burger Pitas



Preparation Time: 15 minutes

Cook Time: 10 minutes

Servings: 2 to 4

Ingredients:

1 cup plain Greek yogurt

3/4 cup chopped Roma tomatoes

3/4 cup chopped English cucumber

1 chopped garlic clove or 1/4 teaspoon garlic powder

1 Tablespoon fresh dill (or 1 teaspoon dried dill)

Salt and pepper, if desired, to taste

1 egg

1/4 cup regular or low-fat sour cream

1-1/2 teaspoons lemon pepper seasoning

1/2 cup chopped Kalamata olives, if desired

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional-pack Alaska salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained

1/4 cup garlic-and-herbs dry breadcrumbs

2 Tablespoons olive oil

2 cups fresh mixed greens or spinach

4 halves of pita bread, kept warm

Description:

In a small bowl, stir together the yogurt, tomatoes, cucumber, garlic and dill. Season with salt and pepper, if desired, to taste. Cover and refrigerate.

In a medium bowl, whisk egg. Add sour cream, lemon pepper and olives; mix well. Mix in drained salmon, then breadcrumbs. Shape into 4 patties. Add olive oil to a nonstick skillet, then heat over medium-high heat. Gently add salmon patties; cook about 3 minutes per side until crisp and deep golden brown.

To serve, add about 1/2 cup greens, a salmon burger and 1/2 cup sauce into each warm pita half.

Recipe by Ryan and Sara Hall

Recommended side dish: Creamed Spinach with Crispy Topping