

Shrimp Burgers

Serves 4

It is best to buy shell-on shrimp and peel them yourself. Prepeeled shrimp are often treated with a sodium solution, which affects their flavor and gives them a rubbery texture; for more information on buying shrimp, see page 230. Serve with any of the creamy sauces on pages 212.

- 1 slice high-quality whole-wheat sandwich bread, torn into 1-inch pieces
- 1 pound extra-large shrimp (21 to 25 per pound), peeled and deveined (see page 228; see note above)
- 3 tablespoons light mayonnaise (see page 89)
- 2 scallions, sliced thin
- 2 tablespoons minced fresh parsley
- 1 teaspoon grated lemon zest
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Pinch cayenne pepper
- 2 teaspoons canola oil
- Lemon wedges (for serving)

1. Pulse the bread in a food processor to coarse crumbs, about 4 pulses, and transfer to a bowl (you should have about 3/4 cup crumbs). Wipe the food processor clean, and pulse the shrimp until there is an even mix of finely minced and coarsely chopped pieces, about 7 pulses.

2. Whisk the mayonnaise, scallions, parsley, lemon zest, salt, pepper, and cayenne together in a large bowl until uniform. Gently fold into the processed shrimp and breadcrumbs until just combined.

3. Scrape the shrimp mixture onto a small baking sheet, divide it into 4 equal portions, and loosely pack each into a 1-inch-thick patty. Cover with plastic wrap and refrigerate for 30 minutes.

4. Heat the oil in a 12-inch nonstick skillet over medium-high heat until shimmering. Gently lay the shrimp burgers in the skillet and cook until crisp and browned on both sides, 8 to 10 minutes. Gently transfer the burgers to a platter and serve with the lemon wedges.

Per serving: Cal 190; Fat 7g; Sat Fat 1g; Chol 175mg; Carb 5g; Protein 24g; Fiber 1g; Sodium 370mg

To Make Ahead

The shrimp burgers can be prepared through step 3 and refrigerated for up to 24 hours.