



Fresh Salmon Burger

SERVINGS: 4

EST. COST: \$10

COST PER SERVING: \$2.50

Ingredients

- 1 ½ lb. fresh salmon, skinned, diced
- 3 tbsp tarragon, fresh, chopped
- 4 tbsp dill, fresh, chopped
- 2 tbsp shallots, minced
- 1 tbsp Greek yogurt (optional)
- To taste, salt and black pepper
- 1 tbsp cooking oil (e.g., coconut, grapeseed, ghee)
- 4 ea whole grain buns (OR lettuce for bun substitute)
- Optional:
 - ½ cup celery, chopped small
 - ½ cup bell pepper (green, red, yellow)
 - 1 tbsp black/brown sesame seeds

Directions

1. In a large bowl, mix salmon, tarragon, dill, shallot, salt, and pepper.
2. Form into 4 patties and refrigerate for up to 30 minutes, or until ready to cook.
3. In a large skillet, warm the cooking oil over medium-high heat.
4. (Optional) Brush the marinade on each side of the patty and place the salmon patties in the skillet.
5. Cook for 3 minutes on each side or until the burgers are cooked through the middle. Salmon can be cooked to the desired temperature, rare to well done.
6. Serve with cucumber sauce, fresh onion, and lettuce. Enjoy!

Equipment

1 mixing bowl, medium pan, spoon, knife, sanitized / clean cutting surface, spatula, plate,



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Salmon Burger		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	300	
		% Daily Value*
Total Fat	15.3 g	20 %
Saturated Fat	2.7 g	13 %
Trans Fat	0.1 g	
Cholesterol	119.8 mg	40 %
Sodium	180.7 mg	8 %
Total Carbohydrate	3.8 g	1 %
Dietary Fiber	0.6 g	2 %
Total Sugars	0.8 g	
Added Sugars	0.2 g	0 %
Protein	34.9 g	
Vitamin D	17.6 mcg	88 %
Calcium	38.5 mg	3 %
Iron	1.1 mg	6 %
Potassium	679.9 mg	14 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Health Benefits

Salmon contains health-benefiting Omega-3 fatty Acids that are not only a natural blood viscosity (thickness/thinness) regulator, but also protect against irregular heartbeats (murmurs), help keep the arteries clean, and are a reliable source of protein.

References:

- Recipe provided by Dr. Eleonora Gafton, 2019