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Salmon Burgers

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GLUTEN FREE

SERVES: 4

Recipe from Myra Kornfeld

INGREDIENTS

Burger:

- 1.5 lbs fresh salmon, skinned
- 3 Tbsp fresh tarragon
- 4 Tbsp chopped fresh dill
- Salt and Black pepper
- 2 Tbsp minced shallots

Mustard sauce:

- 4 Tbsp Dijon mustard
- 1 Tbsp minced shallots
- 2 Tbsp fresh dill
- 2 tsp white wine vinegar
- 1/4 cup EVOO
- 1/2 cucumber, peeled & seeded then small diced

Other:

- Olive oil for sautéing
- Lettuce wraps for buns (Any hardy, leafy green will work, but lightly boiled collard green leaves are my favorite)
- Optional toppings: thinly sliced red onions and/or tomatoes, squeeze of lemon

Instructions

- Make the sauce: In a small bowl, mix together the sauce ingredients.
- Make the salmon burgers: Chop the salmon into very small pieces. Add to bowl with the rest of the burger ingredients and mix until combined. Form into four patties and refrigerate until ready to cook.
- Warm the oil (enough to coat the bottom of the pan) in a large non-stick skillet. Add the patties and cook until burgers are cooked through, about three minutes per side. Serve on lettuce wraps and drizzle with cucumber sauce. Add optional toppings if desired.
- Enjoy!

PREP: 10 MINS **COOK:** 12 MINS **TOTAL:** 22 MINS



Erika Lundgren
Functional Nutritionist
erika@turnpaughwc.com
717.795.9566
