



Salmon Burgers with Avocado Dressing

Yield: 2-3 servings

Ingredients

For Burgers

- ❖ (1) 14 oz.can of wild caught salmon, well drained
- ❖ Juice of ½ lemon
- ❖ 1 tablespoon red onion, finely chopped
- ❖ 1 teaspoon garlic, minced
- ❖ 1 tablespoon dill, finely chopped
- ❖ 2 scallions, thinly sliced
- ❖ 2 teaspoons Dijon mustard
- ❖ 2 eggs, beaten
- ❖ ¼ cup almond flour
- ❖ ¼ teaspoon sea salt
- ❖ ¼ teaspoon ground black pepper
- ❖ Coconut oil, for pan frying

For Avocado Dressing

- ❖ 1 medium ripe avocado
- ❖ 1 small garlic clove, minced
- ❖ 1 tablespoon cilantro, chopped
- ❖ Juice of ½ lime
- ❖ Salt and Pepper to taste
- ❖ Water (as needed) to desired consistency



Procedure:

1. In a large bowl, combine all the ingredients and mix well.
2. Form patties.
3. In a medium pan, over medium heat, add coconut oil.
4. Cook burgers until browned and crisp on each side.
5. Serve on lettuce wraps and top with avocado dressing.
6. FOR DRESSING: Place all ingredients in a mini blender and blend until fully incorporated and creamy smooth.