



Fresh Salmon Burgers with scallion, ginger and garlicky mayo dressing

Ingredients:

For Burgers:

- 1 lb. salmon filet, skin removed, finely chopped
- 6 Tb. plain breadcrumbs
- 3/8 tsp salt
- 1/2 c finely chopped scallions or chives or a mixture of both
- 1/3 c coarsely chopped parsley or cilantro leaves or a mixture of both
- 1/2 tsp freshly grated ginger
- 1 tsp finely chopped garlic
- 1 large egg, lightly beaten
- 1 1/2 Tb. soy sauce
- 2-3 Tb. extra virgin olive oil for brushing the burgers before cooking

For Garlicky Mayo Sauce:

- 1/4 c. lite mayo
- 1/4 tsp. finely grated ginger
- 1 tsp. rice or white vinegar
- 2 tsp. finely chopped garlic, mashed with 1/8 tsp. kosher salt

Directions:

In a medium bowl, combine all burger ingredients (except olive oil), mixing with a spoon until well combined. The salmon may be very soft, so you may need to use your hands to squeeze the mixture until smooth. Heat a large, non-stick skillet over high heat for 1-2 mins..

Scoop about 1/3 c. of the mixture into a patty about 1 inch thick and 4 inches in diameter.

Do not flatten too much

Brush one side with olive oil and place oiled side down onto the hot skillet. If burger doesn't sizzle immediately, wait a few more seconds before putting the next patty into the pan.

Brush the top side of the patty with olive oil and cook 2-3 minutes or until bottom is medium brown in color.

Gently flip the burger and cook second side for an additional minute or until browned.

Place burgers on plate lined with paper towel to absorb any excess oil. Continue cooking all burgers in the same manner

Serve with garlicky mayo on whole wheat buns. Top burgers with sliced avocado, cucumber, and tomatoes. Eat while warm and serve alongside a green salad with a dollop of the garlic mayo on the side.