

SIMPLE SALMON BURGERS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 3 (Serving= 4 ounce burger with no bun)

Nutrition (per serving)

Calories: 147

Total Fat: 4 g

Saturated Fat: 0 g

Sodium: 179 mg

Total Carbohydrate: 0 g

Dietary Fiber: 0 g

Protein: 23 g



Ingredients

- Non-stick cooking spray
- 12 ounces skinless salmon fillet, cut into 1" cubes
- Zest of 1 lime
- 1 Tablespoon Dijon mustard
- ½ teaspoon fresh ginger, grated
- 1 Tablespoon fresh cilantro, chopped
- 1 teaspoon San-J® gluten free or La Choy® low-sodium soy sauce
- ½ teaspoon ground coriander
- Salt & pepper, to taste



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Directions

1. Spray the grill. Heat grill to medium heat.
2. In a food processor, coarsely grind up the salmon cubes.
3. In a medium bowl, mix together the lime peel zest, mustard, ginger, cilantro, low-sodium soy sauce, and coriander.
4. Mix in the ground salmon and form 3 salmon patties.
5. Sprinkle salmon patties with salt and pepper if desired.
6. Grill (or cook in a skillet) on medium heat for 4 minutes each side.
7. Top with some vegetables, mango salsa, grilled pineapple rings, avocado, goat cheese, or a tartar sauce and pair with a whole wheat or gluten free bun.



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