

Double-Play Salmon Burgers

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Servings: 4

Start to Finish Time: 30 minutes

5 ciabatta buns

12 ounces skinless/ boneless salmon fillets

3 green onions

1 egg

1 teaspoon seafood seasoning

3 ounces smoked salmon (hot style) OR lox, skinned and boned

1 tablespoon olive oil

1/3 cup mayonnaise

cucumber, green onions and lemon

In a food processor, process one bun to coarse crumbs. Transfer the crumbs to a large bowl.

Coarsely chop the salmon fillets and green onions. Place in food processor then pulse to coarsely grind. Add the egg, 1/2 teaspoon of the seafood seasoning and two-thirds of the smoked salmon. Pulse to combine. Transfer to the bowl containing the crumbs. Mix, then shape into four (3 1/2-inch) patties.

In a 12-inch nonstick skillet, heat the oil over medium heat. Cook the patties for 5 to 6 minutes per side, just until golden and cooked through.

Meanwhile, toast the buns and finely chop the remaining smoked salmon.

For the sauce, combine the chopped salmon, mayonnaise and remaining seasoning.

Spoon some sauce on the bun bottoms. Top with a salmon patty, then slices of cucumber and the onions.

Serve with the sauce and lemon wedges.

Per Serving (excluding unknown items): 182 Calories; 20g Fat (94.0% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 59mg Cholesterol; 122mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 2 Fat.