

Fresh Salmon Burger

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Dash Magazine - June 2012

Servings: 6

Preparation Time: 2 minutes

Start to Finish Time: 35 minutes

1 two-pound boneless/ skinless center-cut salmon fillet

1/2 cup fresh bread crumbs

1 egg, lightly beaten

2 scallions, thinly sliced on a diagonal

zest of one lemon, finely grated

2 tablespoons fresh chives, finely snipped

1 tablespoon garlic, minced

1 tablespoon olive oil

1 teaspoon red-wine vinegar

1 - 2 dashes Tabasco sauce

curly green lettuce

6 sesame seed hamburger buns, toasted

Preheat the grill and brush with vegetable oil.

Chop the salmon with a sharp knife. Place in a food processor and pulse a few times to achieve a coarse texture. Do not overprocess.

In a bowl, combine the salmon, bread crumbs, egg, scallions, lemon zest, chives, garlic, olive oil, vinegar and Tabasco.

Form into six patties (about three inches in diameter).

Grill the burgers on medium-high, covered, for 6 to 8 minutes, turning once, or until just cooked through.

Serve in lettuce-lined buns.

Per Serving (excluding unknown items): 46 Calories; 3g Fat (62.5% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 34mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.