



Salmon Burger

Salmon is high in Omega 3 fish oils. Omegas 3's are essential fatty acids that your body needs to help prevent and reverse many diseases and inflammation. To complete this meal serve with tossed salad, grilled or roasted vegetables and have a small dish of apple crisp for dessert.

Ingredients:

- 2 10 oz skinless Salmon Fillets, coarsely chopped
- ¼ cup ground almond meal
- 1 egg, lightly beaten (or ¼ cup egg beaters)
- 1 Tbsp lemon zest
- 2 Tbsp scallions, chopped
- 1 Tbsp garlic, minced
- 1 Tbsp olive oil
- salt, to taste
- pepper, to taste
- hot sauce, if desired
- 1-2 Tablespoons horseradish
- 1 Tablespoon dill
- 2 Tablespoons chives
- 1 teaspoon red wine vinegar

Directions:

1. Combine all ingredients. Form into patties.
2. Grill the Salmon Burgers over medium-high heat for 3 to 4 minutes, turn burger carefully, cook an additional 3-4 minutes, or until just cooked through. Do not over cook as it will taste dry.