

SALMON BURGERS WITH GREEN GODDESS SAUCE

BURGER INGREDIENTS

- 1 lb Salmon fillet (skinned)
- 2 T Onion (red) **OR** Scallion (finely chopped)
- 2 T Cilantro (fresh) (chopped)
- 1/2 t Ginger (fresh) (peeled) (finely chopped)
- 1/4 t Kosher Salt **OR** sea salt
- 1/8 t Pepper

GREEN GODDESS SAUCE INGREDIENTS

- 3 T Vegenaize **OR** low-fat mayo
- 1 T Sour cream (reduced-fat)
- 1 Anchovy fillet (rinsed) (finely chopped)
- 2 t Chives (fresh) (finely chopped)
- 1 t Parsley (fresh) (finely chopped)
- 1 t Capers (rinsed) (finely chopped)
- 1/2 t Lemon zest (fresh)
- 1/2 t Lemon juice (fresh)
- 1 T Extra-virgin olive oil **OR** canola oil
- Pinch Salt
- Pinch Pepper



DIRECTIONS

- 1 Chop salmon into 1/4 inch pieces using quick, even straight up & down motions with your knife
- 2 Transfer to a large bowl & gently stir in onion (or scallion), cilantro, ginger, salt & pepper
- 3 Divide the mix into 4 patties (1 inch thick)
- 4 Chill in the refrigerator for at least 20 minutes **OR** up to 2 hours
- 5 Mix all the Green Goddess ingredients
- 6 Heat oil in a large nonstick skillet over medium heat
- 7 Add the burgers & cook until browned on both sides & just cooked through (4 - 6 minutes)
- 8 Serve the burgers with the sauce

NOTES

- 1 Don't rock the knife when cutting the salmon into quarters or it will turn mushy
- 2 You can prepare ahead by making the salmon mix, cover it & refrigerate for up to 2 hours
Cover & refrigerate the sauce for up to 3 days
- 3 Serves 4

