

Lemon Pepper Salmon Burgers with Sesame-Ginger Dressing

Prep Time: 20 minutes*

Cook Time: 10 minutes

Total Time: 30 minutes

Servings: 4

Serving Size: 1 salmon burger patty with 2 tablespoons dressing

Ingredients:

For the Salmon Cakes:

1 recipe lemon pepper salmon cooked*
 3 green onions, thinly sliced
 1/2 cup almond meal, more as needed
 1 large egg, beaten
 2 teaspoons coconut aminos
 1/4 teaspoon salt
 1/4 teaspoon pepper
 2 tablespoons grapeseed oil

For the Dressing:

1 2-in piece fresh ginger, peeled and grated
 1 tablespoon sesame seeds
 1 1/2 tablespoons rice vinegar
 1 1/2 tablespoons sesame oil
 1 1/2 tablespoons olive oil
 2 teaspoons honey or agave

Burger Fixings - lettuce wraps, avocado, arugula or spinach

Directions:

***This recipe calls for you to make the Lemon Pepper Salmon recipe first before assembling the salmon burgers. You can make this ahead by doubling a batch (and keeping the leftovers in an airtight container in the fridge for 2-3 days) or you can make it the same night and immediately use for the following salmon burger recipe. If you have not pre-made the lemon pepper salmon, you will need to add another 30 minutes to this total time.**

1. To make the dressing: Squeeze the grated ginger with your fingertips over a small bowl to yield 2 teaspoons ginger juice (discard pulp). Add the sesame seeds, ginger juice, vinegar, sesame oil, and honey and whisk together until honey dissolves. Refrigerate until ready to serve. You can make this dressing 1-2 days in advance.
2. To make the burgers, remove skin from the lemon pepper salmon and chop into rough 1/4 in pieces.
3. Combine salmon, scallions, 1/2 cup almond meal, egg, coconut aminos, salt and pepper in a large bowl and stir until mixture is evenly moistened. Add more almond meal (1 tablespoon at a time) to get to desired consistency so they stay together but are not too moist. Form into 4 patties.
4. Heat oil in a large fry pan over medium-high heat until the oil is shimmering hot.
5. After the oil is hot, tilt the pan to coat then add the patties and cook for 8-10 minutes total, flipping to get both sides a golden brown color.
6. Serve burgers inside lettuce wraps with 2 tablespoons sesame-ginger dressing, sliced avocado and a small handful of arugula or spinach or serve over a bed of mixed greens and drizzle with dressing.

Tips and Tricks:

If you want to make the lemon pepper salmon more than a few days before making these burgers, you can freeze the cooked salmon for up to 1 month. Just thaw in the refrigerator completely (1 day ahead should work) before making the burgers.

Nutritional Information Per Serving:

Calories: 246.6
Fat: 21.4 g
Cholesterol: 46.5 mg
Sodium: 329.8 mg
Total Carbohydrate: 10.9 g
Dietary Fiber: 2.5 g
Sugars: 6.0 g
Protein: 5.8 g