



Power Packed Salmon Burger

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| 1 pound skinless center-cut wild salmon fillets, cut into 1-inch pieces, divided | |
| 2 tablespoons Dijon mustard, divided | 1 tablespoon honey |
| 2 teaspoons grated lemon rind | 1 cup arugula leaves |
| 2 tablespoons minced fresh tarragon | 1/2 cup thinly sliced red onion (<i>optional</i>) |
| 1 tablespoon finely chopped shallots (about 1 small) | 1 teaspoon fresh lemon juice |
| 1/2 teaspoon Himalayan salt | 1 teaspoon extra-virgin olive oil |
| 1/4 teaspoon freshly ground black pepper | 1 ripe avocado sliced |
| | 4 (1 1/2-ounce) Whole Grain hamburger buns, toasted |



1. Place Salmon in food process ¼ lb at a time and pulse until smooth.
2. Fold in all ingredients (except honey, arugula, onion. Lemon juice, olive oil and avocado) and divide into 4 equal patties.
3. In a separate bowl fold together honey, olive oil, arugula, onion, lemon juice and avocado. Set aside for topping.
4. Grease grates of grill prior to lighting. Heat to 350°
5. Grill Salmon patties for 3 minutes (or more depending on preference) both sides.
6. Remove, sit for 5 minutes. Place between hamburger buns and top with arugula/avocado salad.

Health Benefits:

Wild Salmon: When purchasing, choose Pacific wild caught because it is much higher in nutrients than farmed. Studies have shown farmed salmon has higher levels of pesticides because of food they are given. The Omega-3 fatty acids in Salmon are great for mental health and excellent for maintaining balanced blood sugar. It is also a great source of protein, potassium, selenium and B₁₂. Salmon also contains important minerals like Zinc, Magnesium and Iron.

Arugula: Are a deliciously spicy green that adds a lot of flavor to any burger. These greens have Omega-3 and Omega-6 fatty acids which support critical brain function. Arugula has antioxidants like Vitamin C and minerals such as Magnesium and Iron.

Avocado: Provides essential health promoting monounsaturated oleic fats needed for brain health and has been shown to slow the release of sugar in the blood. Per fruit, avocados have 13g of fiber, 2% calcium, .51mg Pyridoxine (B6) which is 100% RDA, plus many other vitamins and minerals. Avocados contain 20% fat and are about 320 calories, these alligator pears pack an amazing nutritional punch! They also have supporting minerals like Iron (8%), Magnesium (17%) and Zinc (10%).

Recipe adapted from: