

SALMON BURGERS

INGREDIENTS:

Burgers

- 2 ½ pounds salmon fillets, skin and pin bones removed
- 2 eggs, beaten
- ⅓ cup finely chopped parsley
- ¼ cup finely chopped green onions
- 2 tablespoons fresh lemon juice
- ½ cup plain dried bread crumbs
- 1 tablespoon seafood seasoning (such as Old Bay)
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons olive oil
- 8 brioche buns, split and toasted
- 2 cups fresh arugula

Sauce

- ½ cup plain yogurt
- 2 tablespoons light mayonnaise
- 2 tablespoons finely chopped parsley
- 2 tablespoons finely chopped green onion
- 1 tablespoon fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon black pepper

DIRECTIONS:

1. Make the burgers: Chop salmon into 1/8- to 1/4-inch pieces. Transfer to a bowl with eggs, parsley, green onions, lemon juice, bread crumbs, seafood seasoning, salt, and pepper. Mix together with your hands. Divide into eight equal portions and shape into 1/2-inch thick patties that are 3 1/2 inches in diameter. Cover and refrigerate for at least 30 minutes or up to 4 hours.
2. When ready to cook, preheat an outdoor grill for medium heat and lightly oil the grate. Brush patties with oil.
3. Grill patties on the preheated grill, turning carefully, until cooked through, 2 to 3 minutes per side. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
4. Make the sauce: Stir together yogurt, mayonnaise, parsley, green onion, lemon juice, salt, and pepper in a small bowl.
5. Serve burgers on brioche buns with sauce and arugula.