

EASY ZESTY SALMON BURGERS

INGREDIENTS:

Salmon

- 16 oz fresh skinless salmon
- ½ red onion, minced
- 1 tablespoon fresh dill, chopped
- 1 tablespoon prepared horseradish, optional
- ½ teaspoon honey
- 1 teaspoon sea salt
- ½ teaspoon pepper

Sauce

- ¼ cup yogurt
- 2 tablespoons spicy dijon
- 1 tablespoon fresh dill, chopped
- 2 tablespoons fresh chives, chopped
- 1 teaspoons honey

DIRECTIONS:

1. In a small bowl, combine yogurt, spicy dijon, dill, chives, and honey. Set aside.
2. Cut salmon into ½ inch (1/4 cm) cubes and transfer to a food processor.
3. Pulse 5 times.
4. Add onion, doll, horseradish, honey, salt, and pepper and pulse a few more times to combine.
5. Form mixture into 4 patties.
6. Drizzle a small amount of olive oil into a frying pan and heat pan to medium-high.
7. Cook patties for 3-4 minutes until browned.
8. Flip and cook another 3-4 minutes until browned.
9. Serve on your favorite multi-grain bread with yogurt dill sauce.