



Salmon Burgers Recipe

This recipe is a family favorite that's fast to make, prepare, and freeze. It can be eaten with or without a bun. Top with antioxidant rich greens, tomato, and red onion. Serve with a Beet and Carrot Slaw with Ginger Sesame Dressing.

Dairy-free, Egg-free, Gluten-free, Nut-free, Wheat-free

Serves 8

What's Needed:

4 cans (5 ounces/150 g each) skinless, boneless salmon
½ cup (125 mL) green onions, thinly sliced
½ cup (125 mL) old-fashioned rolled oats
½ cup (75 mL) chopped fresh parsley or cilantro
¼ cup (60 mL) mayonnaise
¼ cup (60 mL) Dijon mustard
2 eggs, lightly beaten
2 tablespoons (30 mL) fresh lemon juice
1 tablespoon (15 mL) virgin coconut oil
8 whole wheat hamburger buns

Toppings (optional)

Lettuce
Sliced tomatoes
Sliced red onion
Avocado, pitted and peeled

How to Make:

1. Mash the salmon, onion, oats, parsley, mayonnaise, mustard, eggs, and lemon juice together in a large bowl until combined.
2. Form into patties that are about 2 inches (5 cm) in diameter.
3. Heat the coconut oil in a skillet over medium heat and pan-fry the patties for 5 minutes on each side.
4. Serve on a whole wheat bun and top with lettuce, tomato, onion, avocado, and any additional desired toppings.

Nutritional Information

Salmon is high in protein and omega-3 fats. The oats are a slow-releasing carbohydrate that's a great source of B vitamins and iron. The more colorful toppings you use, the more antioxidants your burger will provide.

Beet and Carrot Slaw

2 cups (500 mL) grated carrot
1 cup (250 mL) kale, stems removed and finely chopped
1 cup (250 mL) grated red beets
½ sweet red pepper, seeded and diced
1 tablespoon (15 mL) finely chopped red onion
1 tablespoon (15 mL) chopped green onion

Ginger Sesame Dressing

½ cup (125 mL) apple cider vinegar
¼ cup (60 mL) olive oil
1 tablespoon (15 mL) liquid pure honey
1 tablespoon (15 mL) sesame oil
1 tablespoon (15 mL) finely chopped fresh basil
2 teaspoons (10 mL) ground ginger or 1 tablespoon (15 mL) fresh ginger, peeled and finely chopped
1 teaspoon (5 mL) tamari (wheat free soy sauce)

How to Make:

1. To make the Beet and Carrot Slaw, combine the carrot, kale, beets, red pepper, red onion, and green onion in a large bowl.
2. To make the Ginger Sesame Dressing, whisk together the apple cider vinegar, olive oil, honey, sesame oil, basil, ginger, and tamari.
3. Pour the dressing over the slaw and toss.
4. Cover and refrigerate for at least 1 hour before serving.

Nutritional Information

This slaw is a great source of phytonutrients and vitamins, including vitamins A and C.

