

Baked Salmon Burgers

These salmon burgers are a tasty way to get you closer to eating the recommended 8 ounces of cold water, omega-3-rich fish per week. This makes a batch of 8 burgers, which can be easily frozen and reheated later.

Makes 8 burgers

Prep time: 20 minutes Cook time: 60 minutes
Total: 1 hour 20 minutes

Ingredients

- 1 small skinless sweet potato, baked*
- 3 (6 oz.) cans salmon, drained
- 4 large eggs
- 1 cup almond flour
- 2 tablespoons fresh parsley, finely chopped
- ¼ cup green onions, thinly sliced
- 1 tablespoon hot sauce or Sriracha
- ½ lemon, juiced
- 1 teaspoon paprika
- ½ teaspoon black pepper
- ½ teaspoon salt
- Buns, salad greens, large lettuce leaves for wrapping



Instructions

1. Preheat oven to 425°F and line a large baking sheet with parchment paper.
2. Use a fork to poke holes into the potato and set on the baking sheet. Bake for 35-40 minutes. Remove from the oven, let cool, and peel off skin.
3. Keep oven on at 425°F and put a new sheet of parchment on baking sheet.
4. Combine all ingredients in a large bowl and using your hands, mix thoroughly. Shape into 4-ounce patties - about 3 inches in diameter and 1 inch tall. Arrange patties on the tray so there is at least 1 inch of space between them.

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5. Place in oven and bake 15-20 minutes or until no longer soft, flipping halfway through. Remove from oven and serve on a toasted bun, a bed of salad greens, or a lettuce wrap.

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