

GRILLED SALMON BURGERS



Avocados From  **Mexico** TM

◆◆◆ ALWAYS IN SEASON ◆◆◆

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GRILLED SALMON BURGERS

INGREDIENTS

- 2** large Avocados From Mexico avocados, chopped
- 1** pound salmon fillets
- 2** green onions, chopped
- ¼** cup cilantro, chopped
- 2** tbsp. dill, chopped
- 2** tbsp. lime juice, divided
- Salt and pepper to taste

INSTRUCTIONS

- 1.** Remove skin from salmon fillets and chop into ½-inch chunks. Place in a food processor and gently pulse until combined—4–5 quick pulses. Do not over mix!
- 2.** In a large bowl, combine chopped salmon, green onions, cilantro, dill, 1 tbsp. lime juice and mix well. Season as desired with salt and pepper or salt-free seasoning.
- 3.** Divide salmon mixture into six equal parts and form into patties.
- 4.** Heat grill to medium-high heat. Cook salmon burgers 3–5 minutes on each side.
- 5.** Using a fork, gently mash avocado and remaining lime juice, leaving chunks of avocado. Top each burger with mashed avocado and serve. Top with fresh lemon or lime wedges.

MAKES 6 SERVINGS

Grilled Salmon Burgers (3 oz burger) | Calories: 200, Total Fat: 13g (Sat. Fat: 2g, Trans Fat: 0g)
Cholesterol: 50mg, Sodium: 45mg, Total Carbohydrate: 3g, Dietary Fiber: 1g, Sugar: 0g, Protein: 18g