



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## Grilled Salmon Burgers

[www.livinglocurto.com/salmon-burger/](http://www.livinglocurto.com/salmon-burger/); Modifications in red by Laura McKay, B.S., Health Educator.

**Prep Time:** 15 minutes; **Cook Time:** 10 minutes;  
**Total Time:** 25 minutes; **Serves** 6

### Ingredients:

- 6 slices whole wheat sandwich bread. Use  $\frac{3}{4}$  bread crumbs if you don't have a food processor. (In a food processor, process one slice of your favorite GF bread to make breadcrumbs and use  $\frac{3}{4}$  cup for a GF option).
- 16-20 oz cooked salmon or 4 pouches of 5 oz boneless salmon. (can also use wild Alaska canned salmon or pouches to save time)
- 2 eggs, lightly beaten
- 2 scallions, chopped
- $\frac{1}{4}$  cup fresh cilantro leaves
- $\frac{1}{2}$  tsp fresh ground black pepper
- 3 tsp olive oil
- Hamburger buns (for GF, use GF buns)
- Lemon wedges



### Directions:

1. Remove crusts from the bread, break into pieces in a food processor until you get a fine bread crumb. (use  $\frac{3}{4}$ -1 cup of Panko bread crumbs as an alternative). Panko is wheat so not recommended for those avoiding wheat.
2. In a large bowl, mix the salmon and eggs together.
3. Add chopped scallions, cilantro, pepper and the bread crumbs to the mix.
4. Shape the burger patties.

#### For cooking on the grill:

1. Preheat grill for medium-high heat.
2. Spray a large piece of heavy foil with grilling spray, place over grill grates.
3. Brush each side of salmon patties with olive oil.
4. Add salmon patties to foil and cook for 5 minutes on each side.
5. While the salmon cooks, spray buns with grilling spray and toast on the grill.

#### For cooking on a stove top:

1. In a pan, heat half of the olive oil over medium heat.
2. Add  $\frac{1}{2}$  of the patties and cook for 5 minutes on each side. Add the remaining olive oil to the pan and cook the rest of the salmon patties.

Serve on a hamburger bun with lemon wedges and your choice of toppings.

\*If you're watching your carbs, these salmon patties are amazing on top of a salad. (Use swiss chard or spinach and no bun for a Day 2 or Day 4 recipe for those following the Bon Appetit Rotation Diet).



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Edwards Professional Park II  
8952 E. Desert Cove Drive  
Suite 114  
Scottsdale, AZ, 85260  
Clinic: (480) 634-2985  
[info@allergyenvironmental.com](mailto:info@allergyenvironmental.com)