



Recipe developed by Chef Paige Vondran

SALMON BURGER WITH AVOCADO

	Ingredients	Exchanges
Protein	33.3 gm farm raised salmon, cooked	3.7
Fat	29 gm mayonnaise	6 (-1 gm)
Carbohydrate	3.3 gm lemon juice	0.3
	----- 9.5 gm avocado, fresh	----- 1 (-1 gm fat)
Other	Salt, pepper, onion powder	

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, combine the shredded cooked salmon and mayonnaise.
- Season to taste with dry seasonings.
- Grease a large ramekin or muffin pan with nonstick cooking spray.
- Scoop the salmon mixture lining the base of the mold.
- Place in the preheated oven and bake until golden brown, about 25-30 minutes.
- Very gently, remove the salmon burger from the ramekin.
- If a crunchier texture is desired, pan fry for a few minutes in a small pan.
- In a separate small bowl, toss the avocado and lime/lemon juice.
- Season with salt and pepper; toss to coat.
- Place the avocado and lime mixture over the salmon burger and serve.

VARIATIONS

- The salmon burger (not the avocado topping) can be stored in the freezer for up to 2 months in a sealed plastic sandwich bag.
- Other proteins can be used such as cooked white fish or raw meat.
- Other carbohydrates can be used for this recipe.