



## Zesty Salmon Burger

### INGREDIENTS

#### Sauce:

¼ cup yogurt	2 tablespoons spicy dijon	1 tablespoon dill, chopped
2 tablespoons chives, chopped	1 teaspoon honey	

#### Salmon Burger:

16 ounces fresh skinless salmon	½ red onion, minced	2 tablespoon dill, chopped
2 tablespoon horseradish	½ teaspoon honey	½ tsp garlic powder
1 ½ teaspoons sea salt	½ teaspoon pepper	fresh lemon

### DIRECTIONS

**Sauce:** In a small bowl, combine yogurt, spicy dijon, dill, chives, and honey. Set aside.

**Salmon Burger:** Cut salmon into ½ inch cubes and transfer to a food processor. Pulse 5 times. Add onion, dill, horseradish, honey, salt, and pepper and pulse a few more times to combine. Form mixture into 4 large patties or 6 smaller patties. Drizzle small amount of olive oil into frying pan and heat pan to medium-high. Cook patties for 3-4 minutes until browned. Flip and cook another 3-4 minutes until browned. Squeeze fresh lemon over the burger and serve with yogurt dill sauce. 4 patties; 220 calories each (with sauce). 6 patties; 145 calories each (with sauce).