



SPORTS NUTRITION RECIPES



Salmon Burgers with Herb Aioli

By Breeze Brown, RD

What you'll Need:

- Serves 4
- 1 ¼ lb. of salmon
- ½ c. panko bread crumbs
- 2 tbsp. capers, drained & rinsed
- ¼ c. chopped red onion
- ½ to 1 whole red onion sliced
- 1 tbsp. olive oil
- 1 tsp. dijon mustard
- Salt & pepper to taste
- Garlic
- 4 brioche buns
- Lettuce, tomato, avocado (additional choice of veggies)

For the Aioli

- ¼ c. of organic mayo
- 1 tsp. lemon juice
- 1 clove garlic, minced fine
- ¼ c. of chopped herbs – tarragon, parsley and/or dill
- Salt & pepper to taste

Putting it together:

1. The Salmon: Remove all bones and skin.
2. Place salmon, capers, chopped red onion, lemon juice, Dijon mustard, and a pinch of salt & pepper in a food processor. Pulse a half dozen times or puree for 2-3 seconds. DO NOT make into a paste.
3. Remove from food processor and mix with panko to make 4 patties.
4. Grill or bake. Grill on high for 3-4 min. (or until done) on each side. Bake for 15 min. at 325 degrees Fahrenheit or until internal temp reaches a min. 145 degrees Fahrenheit.
5. While the salmon is cooking, make the aioli by mixing all the ingredients in a bowl. Add salt & pepper, more lemon or herbs based on personal taste.
6. Toast or grill brioche buns lightly.
7. When salmon is finished, assemble burgers and enjoy!