

Fresh Salmon Burgers

Ingredients:

- 1 lb wild Alaskan salmon
- $\frac{2}{3}$ cup fresh spinach, lightly packed
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{2}$ tsp black pepper
- 3 Tbsp onion, finely minced
- 1 small garlic clove, minced
- $\frac{1}{2}$ tsp smoked paprika
- 1 Tbsp extra virgin olive oil
- 4 whole grain burger buns
- 4 romaine lettuce leaves
- 1 large tomato, sliced
- $\frac{1}{2}$ red onion, sliced

Directions:

1. For the burgers, place first 7 ingredients into a food processor. Pulse 6-7 times until the salmon has the consistency of ground beef. Shape into 4 patties.
2. Preheat a sauté pan to medium-high. Add half the oil quickly followed by the salmon patties. Sauté 3-4 minutes until lightly golden. Flip burgers over and add remaining olive oil. Sauté an additional 3-4 minutes.