

SALMON BURGERS

INGREDIENTS

- 1/4 cup red bell pepper
- 1/4 cup yellow bell pepper
- 1/2 packet IP garlic croutons (mashed)
- 1 garlic clove (minced)
- pam cooking spray
- 8 ounces salmon fillet, skinned and chopped
- 1 medium egg - lightly beaten
- 1 tsp. soy sauce
- 1/4 tsp. fresh lemon juice
- 1/8 tsp. sea salt or Ideal salt

PREPARATION

1. In a medium bowl, combine peppers, IP garlic croutons, garlic, and salmon.
2. In a small bowl, combine egg, soy sauce, lemon juice and salt and add the salmon mixture. Toss well to combine.
3. Form 2- 3 patties.
4. Coat a grill pan or skillet with pam spray and heat over medium-high until hot.
5. Grill/cook patties for 5 mins per side or to get the desired doneness.
6. Serve and enjoy!

