



SALMON BURGER

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Yellow Squash, halved	1	Lemon Juice	1 Tsp.
Lean Ground Turkey	8 Oz.	Olive Oil	1 Tsp.
Onion, diced	¼ Cup	Italian Herbs	
Clove Garlic, minced	1	(Thyme, oregano, basil)	
Mushrooms, chopped	½ Cup	Salt and Pepper to Taste	
Toasted Sliced Almonds	2 Tbsp.	Nonfat Greek Yogurt	2 Tbsp.
Low-sodium Chicken Broth	¼ Cup	Lemon Juice	1 Tsp.
Dry White Wine	2 Tbsp.	Dijon Mustard	½ Tsp.
		Pinch of Garlic Powder	

SERVING SIZE

1

PREPARATION

- In a bowl, combine salmon, egg, oat flour, green onion, Dijon mustard, lemon zest, dill, garlic powder, salt, and pepper.
- Mix gently until just combined.
- Form into two equal patties.
- Heat a lightly oiled skillet over medium heat.
- Cook patties for 4-5 minutes per side until golden and cooked through.
- Whisk together the yogurt, lemon juice, Dijon, and garlic powder.
- Serve drizzled with the lemon yogurt sauce and a side of choice