



# SALMON BURGERS

Makes 6 servings | Serving size: 1 Burger

PREP TIME

**5 min**

COOK TIME

**25 min**

TOTAL TIME

**30 min**

*These salmon burgers are loaded with flavor and topped with a creamy and tangy tzatziki sauce. These burgers hit the spot and were a delicious way to end the day.*

## Ingredients

- 1½ pounds skinless, boneless salmon
- 2 tablespoons Dijon mustard
- 2 tablespoons capers
- 1 teaspoon smoked paprika
- ½ teaspoon black pepper
- 1 medium red onion
- 1 cup bread crumbs
- 1 tablespoon olive oil
- 6 whole wheat burger buns

### Tzatziki sauce

- ¼ cup cucumber, minced
- ½ cup nonfat, plain Greek yogurt
- 1 teaspoons red wine vinegar
- 1 teaspoons fresh lemon juice
- ¼ teaspoon salt
- ½ teaspoon dried dill
- ¼ teaspoon garlic powder
- Freshly ground pepper



## Directions

1. Preheat oven to 375°F. Prepare a pan with aluminum foil and cooking spray, then set aside.
2. In a food processor, place the salmon, mustard, capers, smoked paprika, and black pepper. Blend until a paste forms, then scrape the sides to make sure everything is well incorporated.
3. Add the onion, then pulse until it is coarsely mixed in.
4. Place the mixture in a medium bowl, then stir in the bread crumbs.
5. Form into 6 equally sized patties.