

Spicy Southwestern Salmon Burger



Serve this burger on an onion bun spread with mango chutney and a little herbed cream cheese

Makes 4

1 pound salmon, skinned	2T dill, fresh, chopped
2T red bell pepper, finely diced	1/4c onion, finely diced
1 jalapeno, seeds removed, finely diced	2 eggs, beaten
2T garlic, minced	1/2c seasoned bread crumbs

Preheat oven to 350. Spray large baking sheet with non-stick spray and place salmon on sheet. Sprinkle with salt and pepper. Bake 10 minutes per 1" of thickness. Remove from oven and allow to cool.

When cool enough to handle break salmon into large chunks and place in bowl. Add remaining ingredients. Mix well, trying to keep the salmon pieces large. Form into 4 patties. Place on plate, cover with plastic wrap and refrigerate 1 hour.

Preheat grill and grill 5 minutes per side.

Prepare Ahead Tip

Burgers can be frozen, tightly wrapped, for up to 2 months. Thaw overnight in refrigerator day before consumption. Grill as directed.