

SALMON BURGERS W/ CREAMY SLAW

Serves 4

INGREDIENTS

Burgers:

- ½ cup rinsed white kidney beans
- 2 eggs, beaten
- 3 tsp. Dijon mustard
- 1 tsp dill
- 1 tsp. garlic powder
- Salt & pepper to taste
- 2 cans wild salmon, drained
- ¾ cup breadcrumbs (or almond flour)
- 4 Tbls. olive oil

Slaw:

- ½ head cabbage, shredded
- ½ cup plain greek yogurt or kefir
- ¼ cup lemon juice
- 1 tsp. garlic powder
- ½ cup cilantro or dill
- Salt & pepper to taste
- Tzatziki to serve



INSTRUCTIONS

1. Combine all burger ingredients in a large bowl and mix well, using a fork to mash beans thoroughly into the mixture. Form into 4 large patties and set aside on parchment or wax paper.
2. Heat a skillet over medium heat and add olive oil. Cook burgers 2-3 minutes per side, working in batches as needed based on size of skillet.
3. In a separate bowl, mix together slaw ingredients, using tongs to mix thoroughly and let sit for at least 5 minutes to soften before serving.
4. Serve burgers on top of slaw with a dollop of tzatziki on top.

NOTES

- Canned salmon can be swapped for canned tuna.