



Salmon Dill Burgers

SERVES 4

These burgers are a favorite dish among fish-phobic friends and family. The refreshing lemon and dill flavors give the salmon a light and subtle role in this satisfying burger.

1 pound skinless salmon fillet
1/2 cup blanched almond flour
2 large eggs
1 tablespoon lemon zest
1 tablespoon finely chopped fresh dill
1/2 teaspoon sea salt
2 tablespoons grapeseed oil

Rinse the salmon, pat dry, and cut into 1/4-inch cubes.

In a large bowl, combine the salmon, almond flour, eggs, lemon zest, dill, and salt. Form the mixture into 2-inch patties.

Heat the grapeseed oil in a large skillet over medium-high heat. Cook the patties 4 to 6 minutes per side, until golden brown. Transfer the patties to a paper towel-lined plate and serve.