

SALMON BURGERS

INGREDIENTS

**1 pound skinless salmon filet,
chopped into small pieces**

1/2 cup almond meal

2 eggs

1 tsp lemon zest

1 tsp fresh dill, chopped

1/2 tsp sea salt

2 tbsps coconut oil

PROCEDURE

Combine all ingredients except the coconut oil into a bowl.

Form the mixture into four patties.

Heat the coconut oil in a large skillet over medium-heat.

Cook the patties 4-6 minutes on each side, until golden-brown.

Make them southwest style by adding:

1 bell pepper, seeds removed-chopped, 1 tbsp cilantro,

1 tbsp onions-chopped, additional 1/4 cup almond flour,

1 tsp sea salt, 1 tsp cumin, 1 tsp cayenne pepper,

1 tbsp fresh lime juice.