

Recipe – Salmon Burgers, Carb-free Version

Ingredients:

- 1 large, 15 oz. can of salmon
- ½ cup almonds, ground fine or almond meal
- ½ small red onion, minced
- small handful of parsley, finely chopped
- 1 tsp Dulse (sea vegetable) flakes or salt to taste
- ½ tsp pepper or to taste
- 2 eggs
- 1 box alfalfa sprouts or other fine sprouts
- olive oil to coat pan

Directions:

Drain canned salmon and empty into a large bowl

Mix with almonds, onion, parsley, Dulse flakes, salt and pepper

Add eggs and blend well

Mix in alfalfa sprouts so they are well distributed

Heat olive oil in bottom of large fry pan

Form salmon mixture into small burgers with your hands and place in the heated pan

Fry burgers till golden on each side, approximately 5 minutes on each side

Serve with Tomato Salsa

Serves 4