



Paleo Salmon Burgers

Active Time: 15 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

295.4 calories, 5.22 g carbohydrate, 2.46 g fiber, 2.76 g NET carbs, 25.99 g protein, 19.74 g fat

Ingredients

- 2 tsp(s) organic rosemary, dried
- 1 tsp organic lemon zest
- 1 large organic egg
- 2 Tbsp(s) organic lemon juice
- 1 whole organic lemon, cut into wedges
- 1/3 cup(s) blanched organic almond flour
- 2 Tbsp(s) organic avocado oil
- 16 ounce(s) wild salmon, cooked

Preparation

1. Add cooked and cooled salmon, egg, almond flour, lemon juice, lemon zest and rosemary to a medium bowl. Mix well and refrigerate.
2. Meanwhile, heat a large safe non-stick pan over medium-high and preheat the oven to 350 F.
3. Add oil to the pan. Form salmon burgers from the salmon mixture. Pack tightly for best results.
4. Arrange salmon burgers in a single layer in oiled pan.
5. Cook 2-3 minutes per side, flipping only once.
6. Transfer salmon burgers to oven to finish cooking -10-15 minutes or until firm.

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