

Grilled Salmon Burgers with Dill Sauce

Ingredients:

Burgers:

1 pound salmon fillets, skinned and cut into 2-inch pieces
2 tablespoons red onion, minced (1/4 small onion)
2 tablespoons fresh lemon juice (1 large lemon)
2 teaspoons lemon zest, grated (1 large lemon)
1 large egg
1/2 teaspoon salt
1/2 teaspoon black pepper

Sauce:

4 ounces cream cheese
1/2 cup heavy cream
1 1/2 tablespoons fresh dill, chopped
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
vegetable oil spray for grill

Directions:

Preheat grill to high. Place salmon in a food processor and pulse until well-chopped, about 30 seconds. In a medium bowl, mix salmon with onion, juice, zest, egg, salt and pepper until just-combined (do not over-mix). Form into three patties and chill in the freezer while preparing the sauce.

For sauce: In a small saucepan on medium-high heat, melt cream cheese with heavy cream, about 3 minutes. Turn off heat and stir in dill, salt and pepper. Set aside. Spray grill oil spray and cook patties covered until just cooked through, about 3 minutes per side. Serve topped with sauce.

Total Carbs = about 3 grams per patty