

Salmon Burgers

INGREDIENTS

- 4, 6oz, skinless salmon fillets, cut into large chunks
- 1 tablespoon grill seasoning
- 3 tablespoons chopped fresh dill
- Olive oil

- 1/2 cup softened cream cheese
- 3 scallions, whites and greens chopped
- 1/2 cup sour cream
- 1 tsp. lemon juice
- Lettuce, tomato, onion
- Rolls

DIRECTIONS

1. Begin by making the flavored cream cheese. Combine the cream cheese and scallions. Then, fold in the sour cream and lemon juice. Set aside if serving soon. Otherwise store in the refrigerator.
2. Put the salmon in a food processor. Pulse to coarsely grind the fish. Transfer to a bowl and season with grill seasoning and dill. Mix and form 4 patties, then drizzle with olive oil.
3. Preheat grill to medium-high heat. If not using a grill, preheat a large skillet to medium-high heat, and coat with oil.
4. Cook burgers for about 4-5 minutes on each side, or until the internal temperature reaches 145 degrees F. Toast the buns.
5. Top the burgers with lettuce, tomato, onion and the cream cheese sauce.

- <https://www.foodnetwork.com/recipes/rachael-ray/everything-salmon-burgers-with-scallion-sour-cream-cream-cheese-sauce-recipe-1940159>



Black Bean Burgers

INGREDIENTS

- 2, 14oz cans black beans, drained, rinsed and patted dry
- 1 tablespoon olive oil
- 1/2 bell pepper, finely chopped
- 1 medium-sized onion, finely chopped
- 3 garlic cloves, minced or grated
- 1 and 1/2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1/2 cup bread crumbs
- 1/2 cup feta cheese
- 2 large eggs
- 1 tablespoon Worcestershire sauce
- 2 tablespoons BBQ sauce or ketchup
- Pinch of salt and pepper
- Lettuce, tomato, onion
- Rolls

DIRECTIONS

1. Heat the oven to 325 degrees Fahrenheit. Place beans on a baking sheet lined with parchment and bake for 15 minutes.
2. Heat oil over medium heat in a medium-sized skillet. Saute the bell pepper and onion until soft. Add the garlic and cook about 30 seconds. Add to the bowl of a food processor.
3. Add to the food processor the cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, Worcestershire, BBQ sauce, and the salt and pepper.
4. Pulse everything together, then add the black beans. Pulse again, leaving some larger chunks of beans.
5. Form into patties, about 1/3 cup each (6-7 burgers).
6. BAKE: If baking, heat oven to 375 degrees F. Line a baking sheet with parchment paper and bake for 10 minutes on each side, a total of 20 minutes. GRILL: Lay greased aluminum foil on a grill that's heated to medium-high. Grill patties on the foil for about 8 minutes on each side, total of 16 minutes.

<https://sallysbakingaddiction.com/best-black-bean-burgers/>

