

Portion size: 1 Sandwich

Jalapeno Salmon Burger in Pita with Avocados

Spicy house-made salmon burgers

Yield: 4 servings

1 lb	Wild Salmon	1/8 tsp	White Pepper
1/2 cup	Green Onions, Bunch, Chopped	1 each	Egg, Fresh Separated, White Only
1/4 cup	Red Bell Peppers, Diced	1 tsp	Canola Oil
2 tbsp	Jalapeno Peppers, Minced	4 each	Whole Wheat Pita, 2 oz
2 tbsp	Sour Cream	2 each	Avocado
2 tsp	Tabasco Sauce	1 tsp	Lime Juice, Fresh
1/8 tsp	Kosher Salt	1/8 tsp	Kosher Salt
		1 tsp	Olive Oil



Heat the oven to 400 degrees. Cut salmon into 1/3-inch dices. The food processor will turn the fish to mush so dice by hand. Put the salmon in a bowl with the scallions, bell pepper, jalapeno, sour cream and Tabasco. Season with salt and white pepper and fold together with a rubber spatula. Beat the egg white to soft peaks and fold it in gently but thoroughly into fish mixture. The burger mixture will be pretty loose.

Heat the oil in a large ovenproof nonstick skillet over medium-high heat while you form the fish into 4 oz burgers. The easiest way to do this is use an 8 oz scooper and scoop right into a hot skillet with oil. Reshape them with the spatula if you need to, and cook for 1 minute, to set the bottoms.

Slip the skillet into the oven and bake for 2 to 3 minutes, until the tops are opaque and milky. Let the burgers rest in the skillet for 5 minutes. Meanwhile, split the pitas and brush the insides with olive oil. Grill the pitas until hot and toasted. Peel, pit, and chop the avocados. Coarsely mash with the lime juice and salt. To serve, put each burger on a pita half, divide the avocado among the burgers, and top with the remaining pita halves. Recipe provided by Rick Moonen.

Calories (kcal)	Protein(g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
478	31	39.7	23.4	66.5	488.3	4	9.9