

# Fody's Low FODMAP Salsa Salmon Burgers



10 Min 15 Min Makes 6 burgers; 6 servings

## Description of Fody's Low FODMAP Salsa Salmon Burgers

Burgers don't always have to be based on beef and this lighter salmon burger is a perfect example. Fody Low FODMAP Salsa, either Mild or Medium (depending on the amount of heat you like) is used both when mixing the raw ingredients, and as a topping. You can offer these burgers on a low FODMAP bun, or follow our lead and serve on a bed of lettuce. Add a low FODMAP serving size of avocado and a side of corn chips and you will have a delicious dinner on the table in less than 30 minutes!

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## Ingredients for Fody's Low FODMAP Salsa Salmon Burgers

- 2-pounds (910 g) fresh salmon filet, skinned
- 1 cup (50 g) low FODMAP fresh breadcrumbs
- 2 tablespoons fresh cilantro leaves
- 2 tablespoons chopped scallion greens
- 2 tablespoons Fody Garlic-Infused Low FODMAP Olive Oil, divided
- ¼ cup (60 g) Fody Salsa, either Mild or Medium, plus additional
- Kosher salt
- Freshly ground black pepper
- 1 tablespoon unsalted butter
- Lettuce
- Tomato slices
- 6-ounces (170 g) avocado slices
- 3-ounces (85 g) grated pepper jack cheese

## Directions for Low FODMAP Salmon Burgers

Divide the salmon in half. Finely chop half of the salmon and place in a mixing bowl along with the breadcrumbs. Cut the remaining salmon in large chunks and place in a food processor bowl fitted with a metal blade. Add the cilantro and scallion greens and pulse on and off until it forms a paste. Scrape this salmon mixture into the bowl with the

finely chopped salmon, add 1 tablespoon oil and  $\frac{1}{4}$  cup (60 g) salsa and fold everything together well. Season with a little salt and a generous amount of black pepper.

Form into 6 patties; the patties might be a bit loose, but they should hold together. Melt butter and reserved oil in a large nonstick skillet over medium heat. Add 3 of the salmon burgers, allowing space so that they do not crowd the pan. Cook over medium heat for about 3 minutes or until golden on the bottom. You should also be able to see from the side that the burgers are getting cooked through. Flip and cook until second side is browned. You can cook them until well done, in which case they should be opaque throughout, or leave them a little bit rare in the middle. Repeat with remaining burgers (there will be plenty of fat in the pan). Allow burgers to rest for a couple of minutes before serving.

Arrange lettuce and sliced tomatoes on plates, along with burgers. Divide the avocado among the burgers, placing on top, then top with grated cheese and extra salsa. Serve immediately. Don't forget the corn chips!

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## About the Chef



## Dédé Wilson

Dédé Wilson is the author of 17 cookbooks, including co-author of **The Low FODMAP Diet: Step By Step**.

*Recipe brought to you by FODMAP Everyday® where we help you thrive while following the Low FODMAP Diet.*

This original Low FODMAP recipe was created by recipe developer and author **Dédé Wilson**. You can find many more original Low FODMAP recipes, food and diet guidance as well as resources, support and more at **FODMAP Everyday®**.

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