

Bun-less Salmon Burger

Ingredients:

- Salmon Burger Patties (Try Trader Joe's Premium Salmon Burgers)
- 1 cup of Spinach
- 6 cherry tomatoes (halved)
- 1/2 cucumber
- 1/4 onion diced
- Trader Joes Tzatziki Dip



Directions:

1. Cook Salmon per instructions (Grill, Oven, Skillet or Microwave)
2. Prepare serving dish with spinach, cucumber, tomatoes and onion
3. Place warm Salmon burger on top, cut in quarters
4. Top with 2 tbsps. Tzatziki Dip

Nutrition Information:

Serving size*: 1

Calories per serving: 160

Total protein per serving: 16g

Servings per recipe: 1

Total fat per serving: 5.5g

Total carbohydrates per serving: 9g

Nutritional Benefits:

This bun-less Salmon burger is a great easy, and fast way to prepare a healthy dinner.

*Serving size that is suggested for post-operative bariatric patients

Photo Provided by: Medina, H. (2013). Salmon patties with spicy remoulade and spinach salad.

Simply Sophisticated Cooking. Retrieved from <https://simplysophisticatedcooking.wordpress.com/2013/03/27/salmon-patt-spicy-remoulade-and-spinach-salad/>