

Tomato Jalapeño Salmon Burgers



Prep Time: 8 Minutes

Cook: 10 Minutes

Ingredients

- 2 14.5-ounce cans wild caught pink or red salmon, or fresh salmon
- 1/4 cup scallions, chopped
- 2 eggs
- 1 tbsp coconut flour
- 1/2 jalapeño, seeds removed and finely chopped
- 1 clove garlic, crushed
- 2 tbsp tomato paste
- 1/2 tsp Himalayan sea salt, more to taste
- Optional: 1/2 tsp or more red pepper flakes for an extra kick

Directions

- In a bowl combine salmon, tomato paste, egg, coconut flour, finely chopped jalapeño, scallions, garlic, and salt
- Mix well and form into 4 patties
- Heat your grill (to 350) or your cast iron skillet until hot, grease and place burgers on
- Let cook 3-5 minutes on each side (Cooking time will vary based on thickness of burgers)
- Serve with toppings and enjoy

Toppings of choice

- Homemade guacamole
- Roasted red peppers
- Lettuce
- Tomato
- Onion
- Scallions

