

## Recipe – Salmon Veggie Burgers

### Ingredients

- 1 large, 15 oz. can of salmon
- ½ box alfalfa sprouts or other fine sprouts
- 1 cup canned white beans, drained
- 2 eggs
- olive oil
- ½ cup almonds, ground fine or almond meal
- ½ small red onion, minced
- 1 red pepper, slivered very thinly
- 2 carrots, grated
- 1 half bunch parsley, finely chopped
- 1 tsp Dulse (sea vegetable) flakes or salt to taste
- juice of 1 lemon
- dash of pepper or to taste
- ½ tsp pepper or to taste
- olive oil

### Method

Drain canned salmon and empty into a large bowl. Flake with your fingers.

Pull apart and mix in alfalfa sprouts so they are well distributed.

Process together beans and eggs.

Add a drizzle of olive oil. Mix well.

Mix all with almonds, veggies, Dulse flakes, lemon juice, salt and pepper.

Heat olive oil in large frying pan.

Form salmon mixture into balls and level them to form burgers and place in the heated pan with just enough olive oil to coat the pan. Do not disturb while cooking.

Fry burgers till golden on each side, approximately 5 minutes on each side.

May be served plain or with tomato salsa.

Makes 15 – 20, about 6 servings.