

Recipe: Salmon burgers with quinoa flakes



This fresh seafood recipe originally appeared in the Summer 2013 issue of **Momentum** as part of “How I empowered myself with food,” by Elizabeth Yarnell, ND, CLT. We’ve shared an updated version of the recipe below. Enjoy!

- 2 eggs
- 1 medium zucchini
- 2 tsp. horseradish
- 1 Tbsp. of chopped basil
- 1/2 tsp. sea salt
- Freshly cracked black pepper to taste
- 1 lb. skinless salmon
- 3/4 cup quinoa flakes (find this either in the grains section or hot cereals section of most supermarkets)
- 1 Tbsp. coconut oil
- 1 tsp. toasted sesame oil

Beat the eggs in a medium mixing bowl until blended.

Trim the ends off the zucchini and quarter it. Pulse the quarters in a food processor until diced. Add to the bowl of eggs with horseradish, basil, salt and pepper.

Cut the salmon into large chunks and pulse in the food processor until diced (do not process into a paste). Add to the egg-zucchini mixture and mix in quinoa flakes to make a mixture that will hold together in patties. You may need to add more or less quinoa to form a cohesive patty, depending on the moisture in the fish you’re using.

On a cast-iron griddle or skillet, heat coconut oil with sesame oil. The patties should be cooked in the oil over medium heat for 5-8 minutes on each side, until lightly browned and not raw in the center (use the tip of a knife to test).

Serve with mashed avocados with sea salt and sliced tomatoes, either on a bed of lettuce or on a bun.

Makes 4 servings.