

Father's Day Burger Round Up
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Check out my favorite burgers to celebrate Dad this Father's Day weekend!

Salmon Avocado Burgers

Ingredients

1 lb Atlantic salmon, wild (skin removed)
1 cup panko bread crumbs
1/4 cup cilantro
1 medium egg
1/4 cup mayonnaise
1 tbsp lemon juice
1 tsp salt
1 tsp black pepper
2 tbsp extra virgin olive oil
1 avocado, chopped
1/3 cup red onion, chopped
Juice of 1 whole lime



Instructions

For burgers:

1. Chop the salmon filet into small pieces (about 1/4 inch) and transfer it into a medium mixing bowl.
2. Gently stir in bread crumbs, cilantro, egg, mayonnaise, lemon juice, mayonnaise, 1/2 tsp salt and 1/2 tsp pepper. Let the mixture rest for 5-10 minutes.
3. Heat a little 1 tbsp oil in a large non-stick grill pan over medium heat. Divide the salmon mixture into 6 and form neat patties. Fry/grill the patties until browned on both sides and just cooked through; about 4 minutes on each side.

For the salsa:

Combine remaining ingredients together and mix well. Garnish patties with a spoonful of the salsa.

Turkey Burger Sliders

Ingredients

1/4 tsp Black pepper
1/2 cup, shredded cheddar cheese
2 cup lettuce (for topping)
12 bun Mini sandwich bun
1 tsp olive oil
1/4 tsp Salt
2 medium tomato (sliced, for topping)
1 lb Ground turkey, lean
2 medium sliced white bread
1 small yellow onion, coarsely grated

Instructions

1. In a food processor, pulse bread until fine crumbs form.
2. Transfer to a medium bowl; add turkey, cheese, and onion.
3. Season with salt and pepper, and mix gently just until combined.
4. Form twelve 2-inch patties (about 3 tablespoons each).
5. In a large nonstick skillet, heat oil over medium heat. Cook patties until browned and cooked through, about 5 minutes per side.
6. Serve on rolls with lettuce and tomatoes if desired.



Cheddar, Bacon, Mushroom Burgers

Ingredients

16 leaves of lettuce, romaine (or other lettuce)
1 C sliced white mushrooms
4 T mayonnaise
1/2 small red onion, diced
4 slices cheddar cheese
4 pieces of bacon
2 T Worcestershire sauce
1 lb ground lean round Beef
1 T olive oil
4 whole wheat burger buns (I like the ones by Dave's Killer Bread)



Instructions

1. Make the patties by adding the Worcestershire sauce and onions to the meat, form into 4 equal patties.
2. Cut the mushrooms into thin slices and cook in a pan for about 8 minutes with olive oil
3. Cook bacon in the oven until crispy
4. Cook the patties on a BBQ or on a pan with ridges for about 4 minutes per side or until the meat is cooked through.
5. Serve with lettuce, mayonnaise, cheese, bacon and mushrooms

To all the Dads out there, happy Father's Day! I hope your family allows you to relax or putter in the yard/garage (what my own Dad loves best) and prepares for you some kind of delicious grilled meal!!!