



Taste and Savor

1 Quick Recipe:

Super Salmon Sliders

1 TB Chopped Fresh Dill, divided
 4 TB Avocado or Olive Oil
 Mayonnaise, divided
 1 Tsp Lemon Juice
 3/4 LB Salmon Filet, skin removed and coarsely chopped
 2 TB Rolled Oats
 2 TB Chopped Green Onions
 2 Tsp Dijon
 1/2 Tsp Sea Salt
 1/4 Tsp Black Pepper

Step One

To make the dill mayo, add 2 Tsp dill, 3 TB mayo and 1 tsp lemon juice to a small bowl and set aside.

Step Two

Heat a cast iron skillet, grill pan or very clean grill on medium heat and coat the pan or grill with oil. Combine the remaining dill and mayo, the salmon, oats onions, and Dijon in a food processor and use the pulse feature until everything is fully mixed. Shape salmon mixture into 4 - 6 sliders. Place your sliders in the

fridge for 30 minutes until they "set up". They will stick together better and it will make cooking them easier.

Step Three

Remove the salmon sliders from the fridge and place on the pan or grill and cook for about 5 minutes before flipping. Flip and cook until sliders are firm about another 3 - 5 minutes. Serve on top of a whole wheat slider bun with lettuce, tomato and the dill mayo.

2 Kitchen Scoop

Don't be afraid of frozen fish - I use frozen wild salmon filets for this recipe all the time. Its flavorful and sustainable!



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

3 Clever Idea

These sliders are a cinch to make for parties too! You can serve them up as a slider, or make "salmon balls" out of them - and use the dill mayo as a dipping sauce. They freeze great, so put them on a small sheet pan in one layer and pop in the freezer until frozen, then you can take them and put them in a ziplock bag for longer storage - up to 3 months. Make sure to squeeze all the air out of the bag to keep them from freezer burn.

4 Cheers!

Chateau de Valcombe Rosé

Costieres de Nimes, France
 About \$16.00

This beautiful rosé from the southern part of the Rhone is made with two crowd-pleasing grapes, Grenache and Syrah. One of the most well know wine producers in this area has created a dry and crisp wine bursting with fruit flavors - without sweetness. You'll enjoy red berry taste from the grenache and earthy aromas from the syrah grapes. A quaff of quality and deliciousness for less than \$20!