



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

## 1 Quick Recipe:

### Salmon Burgers, with Crunchy Avocado Salad and Honey Dijon Dressing

1 ½ to 2 LBS Salmon (OR any firm  
fleshed fish like cod, amberjack, etc.)  
Olive Oil Spray  
Sea Salt and Freshly Ground Pepper  
2 Large Eggs  
6 Green Onions, minced  
½ Cup Panko Bread Crumbs  
½ Cup Chopped Toasted Walnuts  
Juice of 1 Lemon

**Step One** Preheat the oven to  
400F. Spray the salmon with the oil  
and sprinkle with salt and pepper.  
Season with salt and pepper. Cook  
for about 10 – 12 minutes until  
cooked through. Remove and when  
cool, flake the fish.

**Step Two** Combine the salmon,  
eggs, onions, bread crumbs, walnuts  
and juice. Use your hands to gently  
combine and form into 8 – 10 patties  
that are no more than ¾ to 1" thick.

**Step Three** Place the cakes on a  
parchment lined sheet tray and slide



into the oven. Cook for about 15  
minutes, flip and cook for about 5  
minutes or until golden brown.

### Crunchy Green Salad

1 Large Box or Bag Crunchy Greens  
1 Cup Grape Tomatoes, quartered  
2 Avocados Sliced  
1 Recipe Honey Dijon Dressing  
¼ Cup Sliced Green Onions

On six plates, make a bed of the  
greens, sprinkle on the tomatoes and  
arrange a few slices of the avocado  
on the side of the plate. Drizzle with  
the dressing, add a salmon cake and  
garish with sliced green onions.

### Honey Dijon Salad Dressing

½ Cup Extra Virgin Olive Oil  
¼ Cup Apple Cider Vinegar  
3 TB Dijon Mustard  
3 TB Honey  
Sea Salt and Freshly Ground Pepper  
Shake the ingredients together in a jar.

## 2 Kitchen Scoop

The salmon cakes keep in the fridge for  
3 – 4 days, and in the freezer for 4 –  
6 months, wrapped well. The dressing  
will keep in the fridge for 4 – 5 days.

## 3 Clever Idea

Of course these salmon cakes  
are awesome as a burger, too! If  
you freeze the leftovers, just pop  
in the microwave for about 1  
minute to warm them up.

## 4 Cheers!

**Caceres Blanco Rioja**  
Rioja Spain  
About \$14.00

Think Spain's Rioja wine is always a rich  
dark red? Its not! This white wine is  
made with the Rioja regions most  
important white grape - Viura. Wines  
made from Viura are fresh and fruity  
with flavors of citrus and melon and are  
most often aged in stainless steel to  
preserve the crisp flavors. Great with fish  
and vegetables dishes - perfect  
with crunchy green salads!