

FIT

Salmon Burger, Wasabi Mayonnaise

Portion Size: 1 each Yield: 12 servings



Ingredients:

Garlic Cloves, Peeled	3 each
Ginger Root, Fresh, Minced	2 TBSP
Salmon Filet, Fresh	2 ½ lbs.
Panko Breadcrumbs	1 ¼ cups
Red Bell Peppers, Diced	½ cup
Scallions, Trimmed	5 each
Soy Sauce, Less Sodium	2 ½ TBSP
Sesame Oil	1 TBSP
Non Stick Cooking Spray	as needed
Wasabi Powder	2 ½ tsp
Water	2 ½ TBSP
Mayonnaise, Light	½ cup
Ginger Root, Fresh, Minced	2 ½ tsp
Scallions, Cut on Bias	2 each
Leaf Lettuce	12 each
Tomatoes, Sliced	24 each
Whole Wheat Hamburger Buns	12 each

1. In a food processor, add garlic and ginger until finely chopped. Scrape down sides and add salmon. Pulse until the salmon pieces are about ¼" in size, with some smaller and larger pieces. Transfer to a bowl and stir in panko, bell pepper, scallions, soy sauce, and sesame oil. Form into 4 oz patties.
2. Lightly coat a large skillet with nonstick cooking spray. Over medium-high heat, cook burgers for 3-4 minutes per side, or until an internal temperature of 155°F is reached and burgers are golden brown.
3. Mix wasabi powder with water to form a paste. In a bowl, combine mayonnaise, wasabi paste, remaining finely chopped ginger and scallions.
4. Place 1 cooked burger in bun, top with 1 leaf of lettuce, 2 slices tomato and 1 TBSP wasabi mayonnaise.

Nutrition Info (per serving): Cal: 330, Total Fat: 13g, Sat Fat: 2g, Sodium: 500mg, Carbs: 30g, Protein: 25g, Sugar: 5g, Fiber: 3g

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Arctic Char Burger, Mango, Avocado Salsa, Relish

Portion Size: 1 each Yield: 15 servings



Relish Ingredients:

Mango, Fresh, Peeled, Diced	1 lb.
Avocado, Fresh, Cubed	½ lb.
Lime Juice	¼ cup
Cilantro, Fresh, Chopped	1/3 cup
Jalapeno, Fresh, Minced	2 TBSP
Red Onion, Chopped	¼ cup

Burger Ingredients:

Arctic Char Filet, Fresh	3 lb.	Cumin	½ tsp
Cilantro, Chopped	¼ cup	Panko Breadcrumbs	1 cup
Red Onion, Chopped Fine	2 cups	Mayonnaise, Light	½ cup
Lime Zest, Grated	2 tsp	Salt	½ tsp
Cayenne Pepper	½ tsp	Cooking Spray	as needed
Garlic, Minced	1 TBSP	Whole Wheat	15 each
Scallion, Diced	1 TBSP	Hamburger Buns	

1. For relish, in a bowl combine mango, avocado, lime juice, cilantro, jalapeno and onion until incorporated. Set aside.
2. Roughly chop arctic char. Pulse in a food processor until small pieces are formed.
3. In a bowl, combine arctic char, cilantro, red onion, lime zest, cayenne, garlic, scallion, cumin, breadcrumbs, mayonnaise, and salt. Mix until evenly distributed. Form into 4 oz patties.
4. Spray pan with non stick cooking spray. Cooked burgers over medium high heat (~2 minutes on each side) until an internal temperature of 155°F is reached.
5. Place cooked burger on bottom bun, top with ¼ cup mango avocado salsa, and top with bun.

Nutrition Info (per serving): Cal: 325, Total Fat: 12g, Sat Fat: 2g, Sodium: 440mg, Carbs: 32g, Protein: 25g, Sugar: 8g, Fiber: 3g

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Thai Tuna Burger, Papaya Salsa

Portion Size: 1 each Yield: 10 servings

**Papaya Salsa Ingredients:**

Serrano Chili Peppers	8 each
Papaya, Seeded, Chopped	6 cups
Lime Juice	2 TBSP
Cilantro, Chopped	¼ cup
Onions, Red, Diced	½ cup

Thai Tuna Burger Ingredients:

Yellow Fin Tuna Steak, Fresh	2 ¼ lb.
Lemongrass, Fresh	1 oz
Salt	½ tsp
Panko Breadcrumbs	½ cup
Ginger Root, Fresh, Grated	½ cup
Basil, Fresh, Chopped	½ cup
Cilantro, Fresh, Chopped	½ cup
Nonstick Cooking Spray	as needed
Whole Wheat Hamburger Buns	10 each

1. Grill chile peppers for ~4 minutes or until charred on all sides. Place in bowl an cover with plastic wrap. Let stand for 5 minutes. Remove skin from peppers, halve, remove seeds and dice remaining flesh.
2. Transfer diced peppers to a bowl and add papaya, lime juice, cilantro and red onion. Toss to combine.
3. Cut tuna into ½" pieces. Chef's Note: Use sushi grade tuna if serving burgers rare (or anything less than 155°F).
4. Trim ends from lemongrass and roughly chop.
5. Combine salt, breadcrumbs, lemongrass, and ginger in a food processor. Pulse until fine. Add tuna, basil, and cilantro. Pulse just until tuna is coarsely chopped (do not over blend). Form into 4 oz. patties.
6. Spray a nonstick pan with cooking spray and sear burgers over medium high heat (~2 minutes on each side) until an internal temperature of 155°F is reached.
7. Place cooked burger on bottom bun, top with ¼ cup papaya salsa, top with bun.

Nutrition Info (per serving): Cal: 290, Total Fat: 4g, Sat Fat: 1g, Sodium: 400mg, Carbs: 30g, Protein: 32g, Sugar: 6g, Fiber: 3g

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FIT Harissa Salmon Burger, Dill Cucumber Relish

Portion Size: 1 each Yield: 15 servings

**Dill Cucumber Relish Ingredients:**

Rice Vinegar, Seasoned	1 ½ cup
Dill, Fresh, Chopped	2 TBSP
Granulated Sugar	2 TBSP
Salt	1 tsp
Cucumbers, English, Diced	3 cups

Harissa Salmon Burger Ingredients:

Salmon Filet, Fresh	3 lb.
Harissa Seasoning	½ TBSP
Scallions, Fresh, Chopped	½ cup
Red Onions, Chopped	2 cups
Lemon Zest	1 tsp
Mayonnaise Light	½ cup
Black Pepper, Ground	1 tsp
Panko Breadcrumbs	1 cup
Cooking Spray	as needed
Whole Wheat Hamburger Buns	15 each

1. Combine rice vinegar, dill, sugar, salt, and cucumbers. Allow cucumbers to marinate at least 1 hour before serving. Drain excess liquid prior to serving.
2. Roughly chop salmon. Pulse in a food processor until in small pieces.
3. In a bowl, combine salmon, harissa, scallions, red onion, lemon zest, mayonnaise, pepper and panko breadcrumbs. Mix until evenly distributed. Form into 4oz. patties.
4. Spray pan with non stick cooking spray. Cooked burgers over medium high heat (~2 minutes on each side) until an internal temperature of 155°F is reached.
5. Place cooked burger on bottom bun, top with ¼ cup cucumber relish, and top with bun.

Nutrition Info (per serving): Cal: 320, Total Fat: 11g, Sat Fat: 2g, Sodium: 480mg, Carbs: 30g, Protein: 24g, Sugar: 6g, Fiber: 3g

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