

Fresh Salmon Cakes with Avocado Tartar Sauce



Makes 2 servings

INGREDIENTS

Salmon Cakes:

8 ounces boneless, raw salmon, without skin
¼ medium sweet red pepper (approx 2-3/4" long X 2½" diameter)
1 medium stalk celery (7½" - 8" long)
½ tsp stone ground mustard
2½ TBSP real mayonnaise
½ tablespoon drained capers
1/8 cup chopped parsley
½ large whole egg
1 tsp Old Bay seasoning

Avocado Tartar Sauce:

½ pitted avocado without skin, ripened enough to mash
½ TBSP fresh lemon juice
1/3 tsp fresh chopped dill, plus sprigs for garnish

INSTRUCTIONS

Preheat oven to 450°F. Prepare a baking sheet with a small amount of oil in 4 spots about 6 inches apart. Set aside.

1. Remove skin from salmon if skin is intact and cut into approximately 4-inch pieces and place into food processor.

2. Coarsely chop the red pepper and celery. Add the mustard, 2 TBSP of the mayo, capers, parsley, egg, Old Bay seasoning, and add all into the food processor with the salmon. Pulse 4-5 times just until the salmon is chopped. *(A food processor is not required, just be sure to finely chop all ingredients).*
3. Season with salt and freshly ground black pepper and gently stir in with spatula.
4. Using a 2/3 cup measuring scoop, divide the mixture into 4 equal rounded mounds onto the prepared baking sheet.
5. Cook for 20 minutes and let cool about a minute before moving to serving plates. Top with avocado tartar sauce at this point.

Avocado Tartar Sauce:

Combine the avocado, the remaining ½ TBSP of mayonnaise, lemon juice and chopped fresh dill in a blender, or mash by hand with a fork. Blend until smooth adding salt and black pepper to taste. Place approximately 2 TBSPS on each of the 4 baked salmon cakes, garnish each with spring of fresh dill.

Serve with a nice, fresh salad on the side.

#lowcarbje