

SALMON SLIDERS WITH BALSAMIC ONIONS



INGREDIENTS

**1 pound salmon fillet,
skin removed**
**1/4 teaspoon ground black
pepper**
1 tablespoon vegetable oil

BALSAMIC ONIONS

1 tablespoon olive oil
1 tablespoon balsamic vinegar
1 cup red onions, sliced
2 teaspoons maple syrup

HERB MAYO
1/4 cup mayonnaise
1 teaspoon parsley, chopped
1/2 teaspoon chives, chopped
1/2 teaspoon lemon zest

**4 hamburger buns
or 8 slider buns**
1 cup arugula

PREPARATION: 20 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

Nutrient Analysis

PER SERVING

1 hamburger or 2 sliders

Renal exchange:

4 Protein + 2 Starch + 1 Vegetable

Calories	497Kcal
Protein	28g
Carbohydrates	27g
Fibre	1.6g
Total Fat	30g
Saturated Fat	5g
Cholesterol	79mg
Sodium	348mg
Potassium	441mg
Phosphorus	278mg

PREPARATION

- 1 Preheat conventional oven to 350° F.
- 2 Cut the salmon into four or eight portions. Sprinkle with black pepper and refrigerate until ready to cook.
- 3 To make the onions, heat a skillet over medium heat. Add oil, vinegar, onions and sauté until the liquid is absorbed and the onions soften (approximately 10 minutes). Add the maple syrup and remove from heat.
- 4 To make the herb mayo, combine all ingredients and refrigerate until ready to use.
- 5 To cook the salmon, heat the oil in a skillet over medium-high heat. Place the salmon skin side up in the pan and sear. Once the salmon has a golden sear, flip the salmon skin side down in the pan. Transfer skillet to the preheated oven and cook for 10 minutes.
- 6 To assemble, spread the herb mayo on the top and bottom of the buns. Top with onions, arugula and salmon.