

PREPARATION: 20 MINUTES

COOKING: 20 MINUTES

SERVINGS: 4

# SALMON SLIDERS WITH BALSAMIC ONIONS



## Nutrient Analysis

PER SERVING: 1 Hamburger or 2 Sliders

RENAL EXCHANGE: 3 Meat + 2 Starch +1 Vegetable + 2 Fat

Calories	439 Kcal	Sodium	387 mg
Protein	28 g	Potassium	547 mg
Total Carbohydrate	27 g	Phosphorus	356 mg
Fiber	2 g	Calcium	102 mg
Sugars	7 g	Iron	2 mg
Fat	24 g	Magnesium	48 mg
Saturated	4 g	Vitamin C	4 mg
Cholesterol	58 mg		

## Diet Types

CKD Non-Dialysis  Dialysis/Diabetes

Dialysis  Transplant

**PLEASE NOTE:** This recipe is higher in potassium and moderation is needed in choosing additional foods for the remainder of the day.

# SALMON SLIDERS WITH BALSAMIC ONIONS

## INGREDIENTS

1 lb salmon fillet

¼ 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**

¼ cup mayonnaise

1 teaspoon parsley, chopped

½ teaspoon chives, chopped

½ teaspoon lemon zest

4 hamburger buns or 8 slider buns

1 cup arugula

## PREPARATION

- 1 Preheat 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 and 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 (skin removed).

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