Salmon Sliders with Balsamic Onions

Preparation: 20 minutes  Cooking: 20 minutes  Servings: 4

PER SERVING:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>439 Kcal</td>
</tr>
<tr>
<td>Sodium</td>
<td>387 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>28 g</td>
</tr>
<tr>
<td>Potassium</td>
<td>547 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>356 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>102 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>48 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
</tbody>
</table>

Please note: This recipe is higher in potassium and moderation is needed in choosing additional foods for the remainder of the day.

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

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Salmon Sliders with Balsamic Onions

**INGREDIENTS**

1 lb salmon fillet  
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**

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).