



BODYBUILDING.COM™

Salmon Burger With Sautéed Onions & Yogurt Dill Sauce

Ingredients:

2 4-oz salmon portion fillets
Mesquite seasoning
1/4 red onion, sliced
Arugula
1/4 cup non fat plain Greek yogurt
1 tsp dill
100% whole wheat sandwich thins (100 calorie version)

Directions:

1. Heat grill.
2. Sprinkle salmon with mesquite seasoning.
3. Grill fish to desired temperature (8-12 minutes).
4. In a small bowl, mix together Greek yogurt and dill.
5. Sauté red onion in small sauté pan until caramelized.
6. Spread a thin layer of yogurt sauce on sandwich thin. Place salmon fillet on top and garnish with red onions and arugula.