

Salmon Patty (makes 9 small patties – can be frozen)

- 2 7.5 oz canned salmon, drained (low sodium or regular)
- 3 eggs (organic, high omega 3)
- 2/3 – 1 c [homemade breadcrumbs](#) (or matzoh meal)
- 1 bunch [watercress](#) leaves, finely chopped
- 2 scallions, finely chopped
- 2 T red onion, finely chopped
- sea salt
- 2 t olive oil, sprayed or brushed on

Mix the salmon eggs and breadcrumbs.

Chop the vegetables, then add them to the salmon mixture with a little salt.

Form into 9 small flat patties.

Place the salmon patties on a baking sheet covered with parchment paper. Spray the patties with a little olive oil, then bake for about 30 minutes at 350 degrees, turning once half way through and spraying the other side.

Chipotle Mayonnaise Sauce

- 1 t chipotle chilis (from a small tin)
- 2 T mayonnaise
- 1/2 lemon, juiced

Combine all sauce ingredients, blending in a processor to a smooth consistency. If blending by hand, use a mortar and pestle to crush the chipotle.

Chipotle Salmon Lettuce Wrap

- 4 salmon patties
- 4-6 t chipotle mayonnaise (or [Russian Dressing](#) if you don't like spicy)
- 4 lettuce leaves
- 1/2 small avocado, thinly sliced (squeeze on some lemon to preserve colour if slicing in advance)
- 4 cherry tomatoes as garnish

Lay the salmon patty on a lettuce leaf—cut down to size. Top with 2 small avocado slices. Drizzle on some chipotle sauce, sparingly—you can always add more. Garnish with a thinly sliced cherry tomato.