



July 2, 2014

EAT AND DRINK

July 4th chef-approved, guilty-free BBQ recipes



Salmon burger by Bagatelle Executive Chef Sébastien Chamaret (Credit: Bagatelle)

For the health-conscious, barbecues can be the ultimate test of will power, what with fatty burgers, high-caloric potato salads and sugary beverages in full supply.

But this Fourth of July, you can avoid temptation and celebrate with these healthy, flavorful options that are crafted by NYC chefs.

ENTREE

Bagatelle's salmon burger

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"The salmon patty is nice and light with a lower fat content than a traditional beef burger," says Executive Chef Sébastien Chamaret. Makes 1 patty.

Ingredients

4 oz. salmon, diced

1/4 scallion, chopped

Pinch of cumin

2 tsp. Jean Reno Extra Virgin Olive Oil

Salt to taste

Pepper to taste

Directions

1. Mix all ingredients together in a bowl.

2. Form patty.

3. Pan-sear patty for 30 seconds on each side to keep them medium rare. Serve on a low-carb roll.

Chef tip: The patties are ready to be served immediately after cooking but can also be made a day in advance.