

Makes: 4 servings

Prep Time: 10 minutes Cook Time: 8 minutes

Total Time: 20 minutes

Ingredients

• 1 pound fresh skinless salmon fillets

Sauce:

- 1/4 cup light sour cream
- 1 tbsp snipped fresh parsley
- 2 tsp apple cider vinegar
- 1 tsp prepared horseradish

Coffee Rub:

- 1 tsp instant espresso coffee powder
- 1 tsp dried ancho chile powder
- 1/2 tsp packed brown sugar
- 1/4 tsp dry mustard
- 1/4 tsp ground cumin
- 1/8 tsp cayenne pepper
- 2 tsp olive oil
- 4 whole wheat hamburger buns, toasted
- 2 cups baby salad greens
- 8 thin red onion rings

Instructions

Pat fish dry with paper towels. Cut salmon into four equal pieces; set aside.

In a small bowl stir together the sour cream, parsley, vinegar, and horseradish. Set aside.



Make coffee rub by combining all rub ingredients in a small bowl. Sprinkle salmon evenly with coffee rub; rub mixture into salmon with your fingers.

In a large nonstick skillet, heat oil over medium heat. Cook salmon in hot oil for 3-4 minutes per side or until fish begins to flake when tested with a fork.

Top bottom halves of toasted buns with salad greens, salmon pieces, and onion rings. Spoon sauce over salmon and onion rings. Add top halves of buns.