

Shrimp Burgers

For the shrimp burgers:

- 1 egg
- 2 tablespoons chopped cilantro
- 1 garlic clove, peeled
- 1/2 cup Panko breadcrumbs
- 2 tablespoons chopped white onion
- 3 tablespoons canola oil
- White Wheat Hamburger Buns
- 2 tomatoes, sliced
- 6 lettuce leaves or a mixture of baby lettuce leaves
- 1 poblano chile, roasted, peeled, stemmed, seeded and diced
- Sea salt and freshly ground black pepper, to taste
- 1 pound medium shrimp, shelled and deveined



For the avocado aioli:

- 1 Haas avocado, halved, seeded and peeled
- 1/4 cup Low fat or Fat Free mayonnaise
- 1 tablespoons fresh lime juice
- 2 medium garlic cloves, peeled
- 1 serrano chile, cut in half and seeded
- 2 tablespoons chopped cilantro
- Sea salt and freshly ground black pepper, to taste

DIRECTIONS

To make the shrimp burgers:

Divide the shrimp in half. Coarsely chop one half and set aside. Put remaining half in a food processor and grind to a coarse puree. Add egg, cilantro and garlic to processor. Process until smooth. Sprinkle mixture with breadcrumbs and process again. Transfer contents of food processor to a large bowl. Add coarsely chopped shrimp, poblano chile and onion. Season with salt and freshly ground black pepper to taste. Mix well. Chill for 15 minutes. Form patties or "burgers" and set aside.

Heat oil in a heavy skillet. When very hot, fry the shrimp burgers until golden, about 3 minutes per side, depending on thickness. Drain on paper towels. (can also be cooked on Grill on outdoor grill pan, use cooking spray on pan)

To make the avocado aioli:

Scoop the avocado pulp into the bowl of a food processor. Add the mayonnaise, lime juice, garlic cloves, serrano chile, cilantro, salt and pepper. Process until smooth. Check and adjust seasoning.

To assemble:

Serve shrimp burgers on buns, topped with a dollop of avocado aioli, sliced tomato and lettuce.