



Baked Salmon Meatballs with Creamy Avocado Sauce

Let's begin by gathering our ingredients for Baked Salmon Meatballs with Creamy Avocado Sauce:

The meatballs:

- 1 salmon fillet
- ½ medium onion, grated
- ¼ cup + 2 tbsp panko breadcrumbs
- 3 tbsp minced cilantro
- 1 egg white
- 2 garlic cloves, minced
- ¾ tsp salt
- ½ tsp ground pepper
- ½ tsp paprika
- ½ tsp ground oregano

The sauce:

- 1 large avocado
- 3 tbsp plain Greek yogurt
- 1 clove garlic, minced
- ½ lime, juiced
- 5 tbsp water
- 2 tbsp minced cilantro
- ½ tsp chile powder
- ¼ tsp salt, or to taste
- ¼ tsp ground pepper

The meatballs:

Preheat the oven to 350° F. Coat a large baking sheet with cooking spray.

Skin salmon then place the salmon in the bowl of a food processor. Pulse until finely chopped. Transfer to a large bowl.

Add the onion, breadcrumbs, cilantro, egg white, garlic, salt, pepper, paprika and oregano to the salmon. Stir to combine.

Using a large spoonful portion of the salmon mixture, form meatballs by rolling between the palms of your hands. Place the meatballs on the prepared baking sheet, spacing evenly.

Bake until the meatballs are firm to the touch and nearly cooked through, 13-15 minutes. They will continue cooking once you remove from oven. You don't want them to become dry in the middle.

While meatballs are cooking, blend the avocado, yogurt, garlic, lime juice, water, cilantro, chile powder, salt and pepper in the food processor. Blend until smooth.

Plate meatballs and top with avocado mixture. Enjoy!