

B. Smith's Favorite Summer Recipes

Restaurateur, television host, author and entertainer extraordinaire B. Smith is an expert on casual but elegant living—and she's sharing her favorite summer recipes here!

Salmon Burger

Serves 4

Ingredients

1 1/2 pounds salmon fillet, coarsely chopped
1/3 cup minced scallions
1 Tbsp. bread crumbs
2 tsp. dried or fresh parsley
1 tsp. Dijon mustard
1 tsp. lemon zest
1/2 tsp. Hungarian paprika
2 egg whites
2 tsp. olive oil



Preparation

In a large bowl, add the salmon, scallions, breadcrumbs, parsley, Dijon mustard, lemon zest, paprika and egg whites. Toss to combine.

Gently form patties to desired size, cover and refrigerate at least 45 minutes. Heat olive oil in a large nonstick skillet over medium heat. Cook burgers 3 to 4 minutes on each side until golden brown.

Drain on paper towels. Serve on a toasted bun with wasabi mayo or on a bed of salad greens drizzled with your favorite dressing.

Wasabi Mayo

Ingredients

1 tlbs. wasabi powder*
1 tlbs. sodium-free instant broth
1 cup fat-free mayonnaise

Preparation

Preparation

In a small bowl, combine all of the ingredients. Adjust seasoning to your personal taste. Cover and refrigerate until ready to use.

*Wasabi can be found in the Asian section of your supermarket, as a powder or paste.

Steamed Okra

Serves 8



Ingredients

2 pounds medium okra pods
2 tlbs. butter
1 tsp. salt

Preparation

Rinse the okra thoroughly in cold water. Place into steaming basket over 1 to 2 inches of boiling water. Cover and cook until tender, but crisp, about 5 minutes. Toss with butter and salt. Serve warm.