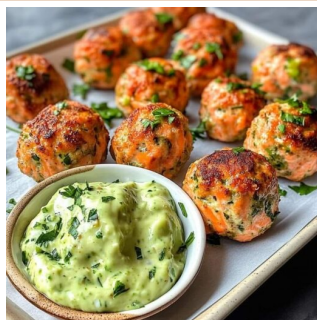


Baked Salmon Meatballs with Creamy Avocado Sauce: Healthy & Flavorful

Baked Salmon Meatballs with Creamy Avocado Sauce



OVEN
375°F

TIME
15-20 min

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INGREDIENTS

1 lb fresh salmon, skin and bones removed and finely chopped
1/2 cup breadcrumbs (plain or panko)
1 egg, large
2 cloves garlic, minced
1/4 cup fresh parsley, chopped
1 tablespoon lemon juice
1 teaspoon Dijon mustard
1/2 teaspoon smoked paprika
Salt and pepper, to taste
1 large avocado, peeled and pitted
1/4 cup plain Greek yogurt
1 tablespoon lime juice
1 clove garlic, minced
1 tablespoon fresh cilantro, chopped

Swaps and Notes:

Salmon: Fresh salmon is best, but you can use high-quality canned salmon (drained well) in a pinch, though the texture will be different. Ensure it's finely chopped for the best meatball consistency.

Breadcrumbs: Plain breadcrumbs work well, but panko breadcrumbs will give the meatballs a slightly lighter texture. Gluten-free breadcrumbs can be used for a GF option.

Herbs: Fresh parsley is vibrant and classic. You could also use dill or chives for a different

flavor profile in the meatballs. For the sauce, cilantro is key, but if you're not a fan, omit it or use parsley.

Dijon Mustard: Adds a subtle tang and binds the meatballs. Do not omit.

Smoked Paprika: This adds a wonderful depth of smoky flavor to the meatballs. Regular paprika can be used, but smoked is preferred.

Avocado (for sauce): Make sure your avocado is ripe but not overly mushy.

Greek Yogurt: Plain Greek yogurt provides creaminess and a tangy counterpoint. Sour cream can be substituted.

Lime Juice: Fresh lime juice is essential for the brightness and freshness of the sauce. Lemon juice can be used instead.

Directions:

Preheat Oven & Prep Sheet: Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper. This prevents sticking and makes cleanup easier.

Prepare Salmon Mixture: In a large mixing bowl, combine the finely chopped salmon (it should almost be a mince, but don't use a food processor to grind it too much or it'll be paste-like), 1/2 cup breadcrumbs, 1 egg, 2 cloves minced garlic, 1/4 cup fresh chopped parsley, 1 tablespoon lemon juice, 1 teaspoon Dijon mustard, 1/2 teaspoon smoked paprika, and salt and pepper to taste. Mix well with your hands or a spoon until all ingredients are fully incorporated and the mixture holds together. Be careful not to overmix.

Shape Meatballs: Using your hands, shape the salmon mixture into uniform 1-inch meatballs. Place them evenly spaced on the prepared baking sheet.

Bake Meatballs: Bake for 15-20 minutes, or until the meatballs are firm to the touch, cooked through (they should be opaque in the center), and lightly golden. The cooking time will depend on the size of your meatballs.

Make the Creamy Avocado Sauce: While the meatballs are baking, prepare the sauce. In a blender or food processor, combine the 1 large avocado (peeled and pitted), 1/4 cup plain Greek yogurt, 1 tablespoon lime juice, 1 clove minced garlic, 1 tablespoon fresh chopped cilantro, and salt and pepper to taste. Blend until the mixture becomes completely smooth and creamy. If it's too thick, add a teaspoon of water at a time until it reaches your desired consistency.

Serve: Serve the baked salmon meatballs hot. You can drizzle the creamy avocado sauce directly over the meatballs on the plate, or serve the sauce on the side as a dipping sauce.

Tips for Success:

Chop Salmon Finely: Finely chopping the salmon by hand (rather than grinding) gives the meatballs a better texture.

Don't Overmix Meatballs: Overmixing the salmon mixture can lead to tough meatballs. Mix just until combined.

Even Meatball Size: Uniformly sized meatballs will ensure they cook evenly.

Ripe Avocado: For the sauce, use an avocado that is ripe but not bruised, as this will result in the smoothest, creamiest sauce.

DIRECTIONS

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11. **Adjust : Sauce Consistency:** If your avocado sauce is too thick, thin it with a tiny bit of water or more lime juice. If it's too thin, you might add a tiny bit more avocado or a thicker Greek yogurt.
12. **Serving Suggestions and Pairings:** These Baked Salmon Meatballs are incredibly versatile. They make a fantastic light dinner served alongside quinoa, brown rice, or a simple green salad. They're also perfect as an elegant appetizer for a party, served with toothpicks. For other light and fresh dishes, you might enjoy my [A Light Tangy Chicken Salad I Actually Crave And There's No Mayo In Sight](#) or for an effortless appetizer, [This Baked Brie Appetizer Is My Favorite Effortless Way To Impress Guests](#). They could even be a fun addition to a [This Walking Taco Bar Is My Favorite No-Fuss Way To Feed A Crowd with a twist!](#)
13. **Storage and Leftover Tips:** Leftover salmon meatballs can be stored in an airtight container in the refrigerator for up to 2-3 days. The avocado sauce is best made fresh, as avocado can brown quickly, even with lime juice. If you have leftover sauce, press plastic wrap directly onto the surface of the sauce before covering to minimize air exposure and delay browning. Reheat meatballs gently in a microwave or a toaster oven.
14. **More Recipes You Will Love:** If you enjoy fresh, flavorful, and often healthy dishes, here are some other Chefmaniac favorites:
15. For another delicious and hearty skillet meal, check out [This Tomato Skillet With Okra And Sausage Is My Favorite Quick Dinner Packed With Southern Flavor](#).
16. For a versatile and easy crowd-pleaser that comes together fast, you might like [These Sheet Pan Quesadillas Are My Favorite Way To Feed A Crowd Fast](#).
17. **Final Thoughts:** These Baked Salmon Meatballs with Creamy Avocado Sauce are a delightful way to enjoy salmon, offering a perfect balance of savory, fresh, and creamy flavors. They're healthy, satisfying, and quick enough for any day of the week. Give this recipe a try - it's a guaranteed hit!
18. What are your favorite ways to incorporate salmon into your meals? Share your ideas in the comments below, and don't forget to follow [Chefmaniac.com](#) for more delicious recipes!

SWAPS & NOTES

What I absolutely adore about these Baked Salmon Meatballs is their lightness and incredible flavor .

Baking them keeps them moist and tender without the need for excess oil, and the blend of lemon, garlic, and smoked paprika creates a beautifully balanced taste.

But the real game-changer is that creamy avocado sauce .

It's so vibrant and fresh, providing a cool, tangy counterpoint to the savory meatballs.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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