

# ALASKA SALMON SALAD WITH VINAIGRETTE



**prep time: 15 cook time: 10 servings: 4**

## INGREDIENTS

### Dressing:

1/3 cup extra virgin olive oil  
1/4 cup tarragon vinegar  
1 Tablespoon Dijon-style mustard  
1 clove garlic, pressed

### Salad:

1 large apple, cored and chopped  
1 ripe avocado, peeled and chopped  
1 Tablespoon lemon juice  
1 package (10 oz.) prepared salad greens  
1 navel orange, peeled, seeded, and chopped  
1/4 medium red onion, sliced very thin  
1/3 cup slivered almonds  
1/3 cup raisins  
4 Alaska Salmon steaks or fillets (4 to 6 oz. each)  
2 teaspoons olive, canola, peanut or grapeseed oil  
Salt and pepper

## DIRECTIONS

Mix dressing ingredients in small bowl; set aside. Place chopped apple and avocado in a large salad bowl. Drizzle with lemon juice. Add salad greens, orange, onion, almonds, and raisins; mix.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet or ridged stovetop grill pan over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until well grill-marked. Shake pan occasionally to keep fish from sticking.

Turn salmon over and season with salt and pepper. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon OR 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Divide salad among four plates; place salmon portion on top of each. Drizzle with vinaigrette dressing.

Nutrients per serving: 640 calories, 41g total fat, 6g saturated fat, 57% calories from fat, 126mg cholesterol, 40g protein, 30g carbohydrate, 8g fiber, 209mg sodium, 118mg calcium and 1.4g omega-3 fatty acids.



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