

Baked Salmon Dinner Salad

As the days grow longer and warmer, put a little “spring” in your step with this salmon dinner salad. This one has a chorus of textures and flavors. Tonight crisp lettuce, crunchy cucumber, popping cherry tomatoes and refreshing sliced fennel harmonize with zingy mango. The salmon delivers a melody line to savor while the Asian dressing provides a memorable accompaniment.

Preparation time: 30 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients before you begin cooking. Having all of the salad ingredients prepped makes for an easy assembly. There are 2 sweet onion preps today: 1/3 C. liced onion for the Dinner Salad, and 2 T. chopped onion for the Asian Dressing.

Dinner Salad Ingredients

1 C. cooked quinoa (use leftovers or cook some)
Cook:
1 C. dry quinoa
2 C. water

10-12 leaves red or green leaf lettuce (washed)
1/2 C. red bell pepper (cut into thin slices)
1/2 C. green bell pepper (cut into thin slices)
12-16 slices cucumber (peeled, 1/4" sliced and slices quartered)
1/3 C. sweet onion (thin-sliced and quartered)
16 cherry tomatoes (halved)
3/4 C. fennel (shaved or thin-sliced)
1 C. fresh mango (chopped)
Optional: 2 Artisan rolls or whole grain toast

Baked Salmon

1 tsp. canola oil
8 oz. salmon fillet

1 T. lemon juice
1 tsp. low-sodium soy sauce

Asian Dressing

1/4 C. basil or cilantro leaves (washed and dried)
1 tsp. sesame oil
1 garlic clove (peeled)
2 T. sweet onion (finely chopped)

1/2 tsp. prepared mustard
1 tsp. soy sauce or tamari
2 T. rice wine vinegar
1/2 tsp. honey
1/4 tsp. grated fresh ginger
1/2 tsp. Asian pepper sauce
1/3 C. vegetable broth



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

If cooking quinoa, start by bringing the quinoa and water to a hard boil. Turn off heat, cover and leave on burner until ready to dine. As soon as the oven's preheated, cook the salmon.

Baked Salmon

Place salmon, skin-side-down, in an oiled baking dish.
Dress with lemon juice/soy sauce mixture.
Slide into preheated oven and bake 15 minutes.

Optional: Wrap rolls in foil and place in the oven during the final 5 minutes.

Dinner Salad

Make salads on individual dinner plates.

1. If needed, warm leftover quinoa.
2. Break up lettuce and divide evenly between two large dinner plates.
3. Divide prepared vegetables between plates.
4. Sprinkle 1/2 C. warm quinoa over each salad.
5. Arrange chopped mango over finished salads.

Make Dressing, Finish Salad and Plate the Meal

1. Blend all dressing ingredients with a hand blender or in a food processor. Place in a serving pitcher. Warm the dressing 25 seconds in the microwave before setting on the table.
2. Break the baked salmon fillets into bite-size pieces over the salads. Remove any bones you see as you do this.
* Allow diners to dress their own salads.
3. Serve warm rolls on the side.

What I've Learned from this Recipe

Dinner salads call for a variety of textures and flavors and this salad uses mango to add that extra spark. When using fish on a dinner salad you can try a variety of citrus or tropical fruits to heighten the flavor profile.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com