

Baked Salmon Dinner Salad



The days are getting longer and warmer so why not put a little spring in your step with this salmon dinner salad. Crisp lettuce, cucumber, cherry tomatoes and the sweetness of shredded fennel and chopped mango are dressed with an Asian dressing and topped off with a baked salmon fillet.

Preparation time: 30 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates. After spinning the lettuce leaves, break the leaves into bite-size pieces directly onto large dinner plates.

Dinner Salad Ingredients

- 1 C. cooked quinoa (use leftovers or cook some)
- 1 C. dry quinoa
- 2 C. water
- 10-12 leaves red or green leaf lettuce
- 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 and 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)
- 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. washed basil or cilantro leaves
- 1 tsp. sesame oil
- 1 garlic clove (peeled)
- 2 T. yellow 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

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.

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

Dinner Salad Ingredients

Make salads in large flat salad bowls or on individual dinner plates.

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

Make Dressing, Finish Salad and Serve the Meal

1. Blend salad 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 it on the table.
2. Place 1/2 of the baked salmon fillets on top of each salad.

Allow diners to dress their own salads and serve warm rolls on the side.

What I've Learned from this Recipe

A dinner salad needs variety and interest to make it feel like a complete meal. This one has a chorus of textures and flavors. Tonight crisp fresh lettuce, crunchy cucumber, popping cherry tomatoes and chewy sliced fennel harmonize with zingy mango. The salmon delivers a memorable melody line while the Asian dressing provides a memorable accompaniment.

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