



# Healthy HARVEST

## Simple Salmon Salad with Lemon Honey vinaigrette

Makes 4 main dish sized salads

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### For the salmon:

- 4 6oz filets of salmon – skin on or skinless, whatever your preference
- About 15 or so mini sweet peppers or 1 each red, yellow and orange bell pepper
- 1 lemon
- 2 teaspoons Cavendars greek seasoning & pinch or two of ground pepper
- Cooking spray

### For the salad:

- About 8 cups of salad mix – I like to use a mix of spring greens and arugula
- ½ red onion, sliced into thin pieces
- 1 cucumber, diced or thinly sliced if desired
- Shaved or shredded (real) parmesan cheese, if desired, to taste

### For dressing:

- 1 garlic clove or ½ of a small shallot (can leave out if sensitive to fresh garlic)
- ½ cup red wine vinegar
- 1/3 cup extra virgin olive oil
- 2 tablespoons water
- Juice of 1 lemon
- 1 tablespoon honey
- 1 teaspoon cavenders greek seasoning
- 1 teaspoon pepper
- 2 teaspoons Dijon mustard

Blend all together in blender or with immersion blender. Makes a lot! Store in a tight container in the fridge for up to 5 days.

### Instructions:

1. Begin by preheating your oven to 425 degrees F.
2. Grab a sheet pan and a large piece of foil, overlapping all the sides (we're going to make a foil packet for the salmon, so it needs to be large enough to wrap completely around the salmon filets).
3. Spray the foil with cooking spray or brush with olive oil.
4. Lay the salmon filets in the center of the foil.



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5. Rinse the mini peppers, slice them into small rings (discarding the top seedy pieces). Disperse the pepper rings all around (if using large bell peppers, cut into ½ - 1 inch cubes).
6. Sprinkle the salmon with the Cavender's Greek seasoning and pinch of pepper.
7. Slice the lemon into very thin slices. Place a slice or two on each of the salmon filets. Take the very ends of the lemon and squeeze out any juice over the salmon and peppers.
8. Now create your foil packet by bringing up the ends and the sides to meet together, folding over the very top and pinching closed tightly.
9. Place foil packet in preheated 425-degree oven for 20 minutes.
10. Remove from oven, **\*\*don't open the packet!!!\*\*** let the salmon rest for 10 minutes. (Salmon is done when it easily flakes with a fork in the thickest part of the filet). Don't skip the resting step!
11. Meanwhile prep the salad by tossing everything into a very large bowl.
12. Make the vinaigrette and toss **\*\*\*just a little\*\*** of the vinaigrette with the prepared salad- don't overdress the salad! You can always add more but you can't take out. Add just enough so the salad leaves are glossy - there should not be a puddle of dressing in the bottom of the bowl. Folks can add more to their salads later on if they wish.
13. Divide the salad up into 4 bowls/plates.
14. When salmon is done resting, place a filet on top of each prepared salad along with some of the roasted mini sweet peppers.
15. Enjoy!

*\*\*feel free to add any more/other veggies to the salad as well as cheese or nuts! It's very customizable.*