

Wild Alaska Salmon Greek Salad



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 24 (6 oz. each)

Ingredients:

1 3.3 lb. pouch or 64 oz. can* red or pink Alaska
Salmon, drained
1/2 cup olive oil
20 oz. (8 cups) eggplant, medium, cubed 1/2"
1 cup yellow onion, finely chopped
2 tsp. garlic, minced
1/4 cup red wine vinegar
1/2 cup lemon juice
4 tsp. sugar, dark brown
20 oz. (4 cups) tomatoes, medium, seeded and
chopped
24 oz. (4 cups) white navy beans, canned, rinsed
and drained
4 oz. (1 cup) black or Kalamata olives, pitted and sliced
1/4 cup fresh mint or parsley, chopped
6 oz. (6 cups) baby spinach, arugula or watercress,
rough chopped
8 oz. (2 cups) Feta cheese, crumbled
Mint leaves for garnish

*For canned, remove skin and bones

Description:

1. In large bowl, gently break drained salmon into large chunks. Set aside.
2. In large sauté pan, heat olive oil and add eggplant, onion and garlic. Cook 8-10 minutes until soft, stirring occasionally. Remove from heat and place into large bowl. Sprinkle with vinegar, lemon juice and sugar. Toss together and let cool.
3. Stir in tomatoes, beans, olives and mint or parsley. Add spinach or other greens and salmon chunks. Toss gently. Hold cold for service.
4. To serve, place salad into large serving bowl. Garnish with feta cheese and mint leaves. Portion 1 cup per serving.

Tips:

- Substitute zucchini and yellow squash for eggplant.
- Substitute chick peas for white navy beans.
- Offer freshly ground black pepper at service.

- Serve with side of tzatziki, creamy Greek cucumber yogurt sauce.