

Alaska Salmon and White Bean Salad



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 8

Ingredients:

Cannellini Bean Marinade:

3 cans Cannellini beans, 15.5 oz. can
3/4 cup tomatoes, small dice
8 oz. red onion, 1/8 inch rings cut in half
1 oz. basil leaves, fresh, chopped
1 1/2 cups balsamic vinaigrette, prepared
1 tsp. Kosher salt

Alaska Salmon Fillets:

2 lbs. Alaska Salmon fillets, 4 oz. each
2 tsp. Italian seasoning
2 tsp. Kosher salt
1 tsp. black pepper
1/4 cup olive oil

Assembly:

8 oz. baby greens
Olive oil, to taste
4 tsp. balsamic vinegar
Kosher salt and black pepper, to taste
2 Tbsp. + 2 tsp. basil, fresh, chiffonade

Description:

Cannellini Bean Marinade:

Drain and rinse beans. Place in a bowl and add all ingredients. Gently stir. Cover and refrigerate. Best if allowed to marinate at least 4 hours.

DIRECTIONS PER SERVING

Alaska Salmon Fillets:

Season each salmon fillet with 1/4 tsp. of Italian seasoning, 1/4 tsp. salt and 1/8 tsp. pepper and set aside. Heat 1 Tbsp. olive oil in sauté pan and add fillet. Cook for 2-3 minutes. Gently turn and cook another 1-2 minutes or until fillets are opaque throughout. Remove from heat and set aside.

Assembly:

Lay 1 oz. baby greens on serving plate. Top with 1/2 cup of marinated beans. Place cooked salmon fillet over beans. Drizzle with olive oil and 1/2 tsp. balsamic vinegar. Finish with a pinch of salt and pepper. Garnish with 1 tsp. basil.

ALTERNATIVE SERVING SUGGESTIONS

1. Place Cannellini beans over thin crust pizza and top with flaked salmon to make an Italian tostada. Sprinkle with shaved Parmesan and warm in oven.
2. Roll beans, greens, and salmon into lavosh flat bread. Cut into pinwheels and serve as an appetizer.