

Balsamic Alaska Salmon with Strawberries



Preparation Time: 15 minutes

Cook Time: 6 minutes

Servings: 4

Ingredients:

Salmon:

4 wild Alaska skinless salmon fillets (3 to 4 oz. each) , pin bones removed

Salt and pepper, to taste

1 Tablespoon canola or avocado oil

Balsamic Vinaigrette:

1/2 cup good balsamic vinegar

1/2 cup extra virgin olive oil

1 Tablespoon Dijon mustard

2 teaspoons brown sugar

Salt and pepper, to taste

Salad:

6 cups Alaska Grown baby kale, spinach, or arugula (or combination)

2 cups cooked quinoa, cooled to room temperature

16 ripe Alaska Grown strawberries, hulled and quartered

1/2 cup shelled pistachios, roughly chopped

Description:

Salmon: Season Alaska Salmon fillets with salt and pepper. Add oil to a sauté pan and place over medium-high heat. Add salmon fillets and sear on both sides until golden and cooked just until opaque throughout, about 2 to 3 minutes per side. Set aside and allow to rest.

Balsamic Vinaigrette: Add all ingredients to a jar, seal tightly with a lid, and shake until smooth and emulsified, about 30 seconds. Set aside.

Salad: Add kale to a large bowl. Gently stir in cooked quinoa. Drizzle kale and quinoa with half of vinaigrette; toss to combine. Divide salad among 4 plates. Top dressed kale and quinoa with strawberries and salmon fillet. Sprinkle with pistachios and drizzle with remaining vinaigrette.

Recipe by Maya Evoy, Alaskafromscratch.com, Kenai, AK

Chefs Tip: Bright red sockeye salmon is a great choice for this eye-catching salad. High levels of omega-3s make it an even healthier meal.