

# Bagel Avocado Toast with Everything-Spiced Wild Alaska Salmon



**Preparation Time:** 10 minutes

**Cook Time:** 10 minutes

**Servings:** 4

## **Ingredients:**

3 tablespoons sesame seeds

3 tablespoons poppy seeds

1 tablespoon dried minced onion

2 teaspoons dried minced garlic

1 teaspoon coarse or flaked salt

1 egg white

2 tablespoons cornstarch

4 (4-ounces each) wild Alaska salmon fillets, preferably cut from the thinner tail end

2 tablespoons olive oil

2 plain or onion bagels, halved and toasted

1 avocado, seeded, sliced, and scooped

2 small lemons, quartered

Salt and pepper, to taste

8 slices tomato (4 if tomatoes are large)

4 slices red onion

4 teaspoons capers

1 tablespoon chopped parsley, for garnish

## **Description:**

1. In a bowl, stir together the sesame seeds, poppy seeds, dried onion, dried garlic and salt.

2. In a small bowl with a fork, stir the egg white and cornstarch together until smooth. Brush the skinless sides of the salmon fillets with the egg-white mixture. Spread the seeds on a plate. Press the skinless side of salmon fillets into the seeds to coat them.

3. In a large nonstick frying pan over medium heat, heat the oil. Cook the salmon, seed-side down, for 1 to 2 minutes, or until golden brown. The seeds brown quickly, so check after 1 minute. Turn and cook on the other side for 2 to 3 minutes, or until a thermometer inserted into the thickest part of the salmon should register at 125° F. The exact time will vary according to the thickness of the fillets. Transfer the cooked salmon to a plate and cover loosely with foil while you prepare the bagels. The salmon will continue to cook as it rests.

4. On a cutting board, spread the toasted bagel halves. Top with the avocado slices. Mash them with a fork or leave them in slices. Sprinkle with lemon juice, salt and pepper. Top each bagel half with 2 tomato slices.

5. Place the cooked salmon pieces on top of each bagel. Top with the onion slices, capers and parsley and serve with the remaining lemon wedges.