Recipe For Health | JUNE 2009

## SALMON NIÇOISE SALAD

Summer's freshest produce come together in this satisfying main dish salad.

by Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Green Beans

Yield: Serves 4

## **Ingredients**

2 salmon fillets (6 oz. each) 2 T. lemon juice 2 c. fresh green beans, trimmed 2 T. red wine vinegar 2 medium red skin potatoes 2 T. Dijon mustard 1 medium head Romaine or Boston Bibb lettuce, washed and chopped 1 T. shallots, minced 2 tomatoes, diced, or 20 cherry tomatoes, halved 1 T. garlic, minced ½ c. sliced black olives 1/8 t. salt 2 eggs, hard cooked, cut in wedges 1/8 t. pepper Vinaigrette: 3/4 t. sugar

## **Preparation**

Season salmon fillets with salt and pepper, grill or bake and remove skin.

Blanch green beans.

Boil potatoes until tender, chill, and chop.

Place all vinaigrette ingredients except oil in bowl and whisk. Slowly add oil, whisking as you drizzle it in. Adjust flavor with salt and pepper as needed.

1/2 c. + 2 T. olive oil

In a large bowl, add lettuce, tomatoes, green beans, potatoes and black olives. Toss with a few tablespoons of vinaigrette or your favorite dressing adding more to your liking.

Top with salmon and place egg wedges on the side.