

Healthy Recipes for Your Heart

Pan-Seared Sockeye Salmon with Zucchini Salad -

Chef Ericka Burke of Volunteer Park Cafe

Makes 4 servings

2 teaspoons minced shallots (1/2 shallot)
 2 teaspoons honey
 1 tablespoon chopped fresh tarragon
 2 tablespoons Champagne vinegar
 2 tablespoons grape seed oil
 1/8 teaspoon salt and pepper
 2 cups julienne cut zucchini (2 medium zucchini)
 3/4 cup julienne cut Walla Walla sweet onion (1 small onion)
 1/3 cup very thinly sliced radishes (4 radishes) (put in water if not using right away; drain before using)
 1 cup quartered Heirloom cherry tomatoes
 1/4 cup hand torn mint leaves
 2 tablespoons roughly chopped fresh tarragon
 4 three-ounce Sockeye salmon filets, skin on
 1/8 teaspoon salt and pepper
 Olive or vegetable oil spray
 1/8 teaspoon sea salt



For the vinaigrette dressing, put shallots, honey and tarragon in bowl of food processor fitted with a steel blade; puree. With motor running, slowly add vinegar, then slowly add oil; puree until vinaigrette is smooth and emulsified; season with salt and pepper. Refrigerate until ready to use.

For the salad, put zucchini, onion, radishes, tomatoes, mint and tarragon in a bowl, set aside.

For cooking the salmon, preheat oven to 350 degrees F. Season the flesh side of salmon with salt and pepper. Spray a sauté pan with olive oil spray and heat until very hot. Put the salmon fillets, skin side down, in the pan and cook until the skin is golden brown, about 3-4 minutes. Remove the fillets from the pan, being careful not to tear the skin and put on a baking sheet, skin side up. Bake until when you press a finger on the thickest part of the salmon, it springs back and salmon is cooked through, about 6 minutes. Do not overcook.

For assembling and serving, toss the salad with the tarragon vinaigrette dressing and mound it in the center of four plates. Put a salmon fillet, skin side up, on top of each salad. If desired, sprinkle the top of each fillet with sea salt.

Nutrition Facts:	Amount Per Serving
Calories	270
Total Fat	14.54 g
Trans Fat	0.0 g
Polyunsaturated Fat	6.13 g
Monounsaturated Fat	3.89 g
Cholesterol	54.43 mg
Sodium	223.17 mg
Carbohydrates	15.91 g
Dietary Fiber	2.88 g
Total Sugars	10.04 g
Protein	21.28 g