

Sesame Salmon on Greens

Submitted by Cinde Little



A main course salad that celebrates fresh asparagus in spring.

- 6 salmon fillets
- 1 Tbsp honey
- 1 Tbsp GF soy sauce
- 1 tsp Dijon mustard
- 1 Tbsp sesame seeds
- 1 Tbsp vegetable oil for frying

ORANGE GINGER DRESSING

- 1 garlic clove, minced
- 1 tsp grated ginger root
- 3 Tbsp orange juice
- 2 Tbsp soy sauce
- 2 Tbsp rice vinegar or white wine vinegar
- 2 tsp sesame oil
- 2 tsp honey
- ¼ tsp sambal oelek or other hot sauce

SALAD GREENS

- 12 cups mixed greens
- 1 lb asparagus, cooked, cooled and cut in pieces
- 1 red pepper, seeded and cut in strips
- 1 orange, peeled and sectioned
- 2 Tbsp chopped green onion
- 2 Tbsp chopped fresh cilantro or parsley

ORANGE GINGER DRESSING - Combine all ingredients in a small bowl or measuring cup. Set aside.

Preheat oven to 425°F.

Pat salmon dry. In a shallow bowl combine honey, soy sauce and mustard. Rub onto both sides of the salmon. Press sesame seeds into the side of the salmon without skin.

Heat oil in sauté pan on high heat. Add salmon, sesame side down, and cook for 1 minute per side. Transfer salmon to preheated 425°F oven. Bake for 7-8 minutes until just cooked.

While salmon is cooking toss salad greens, asparagus, red pepper, orange, green onion and cilantro with orange-ginger dressing. Divide among 6 plates.

Top each salad with salmon. Serve.