



Chopped Salad of Salmon and Vegetables

I love chopped salads because you can put just about anything you want in them. All the ingredients are bite size and it's a lot of fun to eat. Here's one served with fish. You can use salmon, or the Artic Char, or Fresh Tuna – anything you want!

Ingredients:

- 6 spears of asparagus cut into 1 inch pieces
- 8 ounces of small boiling potatoes (like baby red bliss)
- 4 cups mesclun greens or any combination of salad greens. I always love arugula.
- ½ bunch fresh dill
- Juice of 1 lime
- 2 ripe avocados, halved, pitted, and peeled. Slice them & bathe them with lime juice
- ⅓ cup chopped pickles, pick your favorite kind
- ½ cup Lemon Salad Dressing (see below)
- Salt and black pepper
- 4 cooked fish filets, flaked or cut into chunks

Procedure:

1. Prepare bowl of ice water. Bring pot of generously salted water to a boil. Drop asparagus in the boiling water and cook for 2-3 minutes. Remove from the hot water and immediately drop in the ice bath. (*This is called “blanching” the asparagus.*)
2. Add the potatoes to the pot and boil until they are tender. Transfer potatoes to a colander to drain and cool. When the asparagus are cool, remove from the cold water and pat dry. Cut the potatoes into bite size pieces.
3. In a large bowl, toss the salad greens, dill, avocado slices, asparagus and potatoes with half of the Lemon Salad Dressing (recipe below). Season with salt and pepper. Arrange the salad on a platter.
4. Place the chunks of fish on top or around the sides of the salad and dress it with the remaining dressing.

LEMON SALAD DRESSING:

- Combine juice of 1 lemon with a half cup of olive oil. Whisk in ½ tsp. of chopped garlic and some finely chopped basil.