

CHILLED SALMON SALAD

Yield: 4 Servings (1¾ cup per serving)

TOTAL TIME: 3 hours 30 minutes

INGREDIENTS

- 1 carton (32 oz.) Wegmans Food You Feel Good About Vegetable Culinary Stock
- 1 carrot, peeled
- 2 salmon fillets (about 6 oz. each)
- 2 stalks celery, cut in ¼-inch pieces
- ½ yellow sweet pepper, cored, thinly sliced
- ½ red sweet pepper, cored, thinly sliced
- ½ medium zucchini, cut in 1-inch wedges
- ¼ medium red onion, peeled, thinly sliced
- 1 small tomato, peeled, thinly sliced
- 3 Tbsp. Wegmans Italian Classics Toscano Extra-Virgin Olive Oil
- 1 Tbsp. Wegmans Italian Classics Tuscan White Wine Vinegar
- 3 Tbsp. dry white wine
- 1 clove Wegmans Food You Feel Good About Peeled Garlic, minced
- Juice of ½ meyer lemon (about 1 Tbsp.)
- 4 large leaves Boston lettuce



PREPARATION

1. Bring vegetable stock to boil in braising pan on high. Add whole carrot; reduce heat to medium. Cook covered for 5 min. Remove carrot; set aside. Return stock to gentle simmer; add salmon fillets. Cook on medium, uncovered, about 12 min. or until internal temp reaches 130 degrees (check by inserting thermometer into thickest part of fish). Turn off heat; let salmon cool in stock for 1 hour. Transfer pan with salmon and stock to refrigerator; chill, covered, at least 2 hours (or up to overnight). Continue prepping vegetables.
2. Slice carrot diagonally into ¼-inch pieces. Combine carrot, celery, yellow and red peppers, zucchini, red onion and tomato in large bowl. Refrigerate until ready to serve.
3. **Day of serving:** Remove and discard skin and bloodline from salmon fillets. Flake salmon and add to bowl with veggies.
4. Whisk together oil, vinegar, lemon juice, wine and garlic in small bowl. Season to taste with salt and pepper. Add dressing to salad; gently combine to coat evenly. Season to taste with salt and pepper.
5. Serve salad on lettuce leaf cups. Drizzle with oil to finish.

NUTRITION

Per serving: Calories: 310; Fat: 19 g (3g saturated fat); Cholesterol: 55 mg; Carbohydrates: .9 g; Protein: 21 g; Fiber: 2 g; Sodium: 140 mg.

Recipe courtesy of Wegmans