

Pan-seared Salmon and Apple Salad

Prep time: 30 minutes

Makes: 4 Servings

This quick and family-friendly, yet sophisticated dish features pan-seared salmon served over a bed of Golden Delicious apple slices, dried cranberries, greens and whole grain pasta.

Ingredients

For the Dressing

2 tablespoons cider vinegar

1 tablespoon olive oil

1/4 cup apple juice

1/4 teaspoon salt

1/8 teaspoon pepper

1 cup Whole wheat penne pasta (dry)

4 4-oz salmon filets

1 tablespoon olive oil

1/4 cup slivered red onion

1/4 cup dried cranberries

6 cups field greens

2 Golden Delicious apples (thinly sliced)

Directions

1. Whisk dressing ingredients in a small bowl; set aside.
2. Cook pasta according to package directions; let cool.
3. Coat salmon with 1 Tbsp olive oil. Place salmon in a

non-stick skillet, skin-side down.

4. Cook over medium-high heat 3 minutes, loosening the salmon from the pan.

5. Turn and cook salmon 4-5 more minutes. Remove from pan.

6. In a large bowl, toss pasta, onions, cranberries and field greens.

To serve: Divide tossed salad on four plates. Remove skin from salmon and place on salad bed. Arrange apple slices around salmon. Drizzle each salad with dressing.

Notes

Serve with 8 oz non-fat milk.

Sponsor – Seafood Nutrition Partnership and Borton Fruit