

Salmon Avocado Salad

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A light, hearty and savory summer dish bursting with flavor. Flaked salmon, tender avocado, and zesty feta cheese are tossed with crisp vegetables and balsamic dressing for a memorable, easy and flavorful salad that is as healthy as it is delicious

Ingredients:

2 (6 oz) fillets of salmon
¼ c. butter, melted and divided
salt and pepper to taste
4 oz fresh mushrooms, sliced
½ c. grape tomatoes, halved
2 Tbsp olive oil, divided
8 oz leaf lettuce, torn into bite-sized pieces
1 avocado, peeled, pitted and cubed
¼ c. cilantro, chopped
1 fresh jalapeno, minced
2 Tbsp distilled white vinegar
1 oz feta cheese, crumbled

Directions:

1. Preheat oven broiler. Line a baking sheet with aluminum foil and place salmon on foil. Brush with 2 Tbsp melted butter and season with salt and pepper. Broil 15 minutes until fish is easily flaked with a fork.
2. Melt remaining butter in large skillet. Saute mushrooms until tender. Set aside.
3. In large bowl toss together salmon, mushrooms, tomatoes, lettuce, avocado, cilantro and jalapeno. Drizzle with remaining olive oil and vinegar, and season with salt and pepper. Sprinkle with feta cheese and toss lightly to combine.

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