



Salmon Niçoise Salad

Makes: 6 servings

Prep Time: 15 minutes Cook Time: 20 minutes

Total Time: 35 minutes

Ingredients

Dressing:

- 1/2 cup mayonnaise
- 1/4 cup extra virgin olive oil
- 1/4 cup stone ground mustard
- 1/4 cup lemon juice
- 1 tsp dried dill
- 1/4 tsp black pepper
- 1/2 tsp salt

Salad:

- 1 pound salmon filet
- 1 jar capers, drained, rinsed, dried
- 3 tbsp olive oil
- 1/4 pound green beans, trimmed
- 1/2 pound baby red potatoes, halved
- 4 eggs
- 6 cups spring greens
- 1/2 cup Greek olives
- 1 cup cherry or grape tomatoes

Instructions

Preheat oven to 375°F. In a small bowl (or jar with tight fitting lid) whisk the ingredients for the dressing, set aside.

Steam or microwave the potatoes until tender, about 15 minutes for steaming and 8 minutes for microwave. Let cool. Drizzle with a tablespoon or two of olive oil and sprinkle with salt and pepper.

Heat the olive oil in a small sauce pan over medium-high heat. When the oil is hot, fry the capers until they burst open about 1 minute. Drain on a paper towel lined plate.

Place the salmon (skin side down) on a parchment lined, rimmed baking sheet and slather it with 1/4 cup of dressing, set aside.

Place the salmon in the oven for 15 minutes.

Bring a small pot of water to a boil. Gently lower eggs, one at a time, into the boiling water. Continue to boil for 7 minutes. Remove pot from heat, place in sink, and slowly pour cold water over the eggs until cooled (this can take 5 minutes or more). Peel eggs. Cut in half.

Bring a small pot of water to a boil. Blanch the green beans in the boiling water until tender but still have a crunch to them, about 3 minutes.

When the salmon is cooked (flakes when separated with a fork) build your salads.

Place the mixed greens on a large platter, topped with the salmon, the fried capers, the green beans, potatoes, the six minute eggs, the olives and tomatoes.

Drizzle with the remaining dressing. Enjoy!