

Salmon Wrapped Asparagus Salad

Yield: Makes 6 servings

Active Time: 20 minutes Total time

This scrumptious and very healthy dish can be service as an appetizer or a salad. To serve as an appetizer just serve over large lettuce leaves and make single smaller bundles. These little salmon bundles are very elegant and not as hard as you would think to make. Please forward this recipe to your friends and let me know what you think.

Ingredients

- 20 fresh asparagus, trimmed
- 1 pound salmon fillets
- Salt and pepper both sides
- 1 1/2 cups water
- 1/2 chicken broth fat free & low sodium or cup dry white wine
- 2 tablespoon minced green onion
- 1 teaspoon lemon (about half a lemon)
- Salt and pepper to taste

Dressing

- 3 tablespoon extra-virgin olive oil
- 2 tablespoon sherry vinegar
- 2 tablespoons shallot, minced
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 teaspoon lemon
- Lettuce baby greens organic salad spring mix
- 1 cup seedless red grapes, halved
- 1/4 cup sliced almonds (optional)

1. In a large skillet, bring 1/2 in. of water to a boil; add asparagus spears. Reduce heat; cover and simmer for 2 minutes. Drain and immediately place asparagus in ice water; drain and pat dry. Cut salmon widthwise into 1/4-in.-thick slices. To form one bundle, place one slices salmon; wrap around two to three asparagus spears. Secure with toothpicks. Repeat for remaining bundles. Salt and pepper both sides of bundles.
2. In a large skillet, bring 1-1/2 cups water, broth or wine, onion, salt and pepper to a boil. Using a spatula, carefully add bundles and squeeze lemon over fish bundles. Reduce heat; cover and simmer for 5-6 minutes or until fish flakes easily with a fork.
3. Meanwhile, for dressing blend all dressing ingredients together and toss greens and grapes with dressing in a bowl, then transfer to a platter; top with salmon asparagus. Garnish with almonds

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