



Roasted Salmon Salad With Honey Mustard Vinaigrette

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Delicious and healthy too!

Serves: 4

Cook Time:

12 minutes

Ingredients:

Honey Mustard Vinaigrette

½ cup (125 mL) balsamic vinegar

½ cup (125 mL) water

2 tbsp (25 mL) dried cranberries

8 dried apricots, sliced

2 tsp (10 mL) Dijon mustard

2 tsp (10 mL) honey

1 tbsp (15 mL) olive oil

Salad

1 lb (500 g) salmon fillet, cut into 4 equal portions

½ tsp (2 mL) salt

¼ tsp (1 mL) pepper

8 cups (2 L) fresh spinach leaves, stems removed & washed

2 cups (500 mL) sliced yellow bell peppers

2 cups (500 mL) sliced red bell peppers

3 tbsp (45 mL) chopped toasted pecans

Instructions:

To make vinaigrette: In a small saucepan, combine balsamic vinegar, water, cranberries and apricots. Set pan over medium-high heat and bring to a boil. Simmer for 5 minutes. Strain and reserve liquid and fruits. Combine liquid with mustard, honey and oil. Set aside.

Preheat oven to 425°F (220°C). Lightly coat a baking sheet with cooking spray. Season salmon fillets with salt and pepper and transfer them to baking sheet. Bake for 5-7 minutes, until fork-tender. Divide spinach among 4 plates. Top with yellow and red peppers. Place a cooked salmon fillet on top of each salad and sprinkle with toasted pecans. Drizzle dressing over and add some of the reserved fruit.

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