

# 4. Mediterranean Salmon Salad

Makes 8 servings

## Salmon Salad

### Ingredients

- 8 4-ounce portions of salmon
- 8 tablespoons whole-grain mustard
- 1 pound English cucumber, peeled and thinly sliced
- ½ pound red onion, thinly sliced in half-moon shape
- 2 ounces baby arugula
- 8 ounces garbanzo beans
- 2 avocados
- ½ cup tomato vinaigrette
- 8 ounces feta cheese
- 4 tablespoons plain Greek yogurt

## Tomato Vinaigrette

### Ingredients

- ½ cup olive oil
- ½ cup red wine vinegar
- 1 teaspoon fresh tarragon
- 1 teaspoon fresh oregano
- 1 teaspoon fresh thyme
- 3 cloves garlic
- 2 teaspoons whole-grain mustard
- 2 teaspoons kosher salt
- 1 pound tomatoes, roasted, peeled, and deseeded

## Method

### Tomatoes

In a 400 F oven, place tomatoes on sheet pan and cook for 15 minutes, then cool down quickly.

While tomatoes are cooling, combine the first 8 ingredients into a blender and pulse three or four times.

Once the tomatoes are cooled, remove and discard skins, add tomatoes to blender, and finish on high until well blended

### Salmon

Sear salmon, skin side up, then flip salmon over onto sheet pan. Smear 1 tablespoon of whole grain mustard onto each salmon filet, and finish cooking in 350 F oven until done.

### Salad

While the salmon is cooking, in a large bowl combine the cucumbers, onions, arugula, garbanzo beans, avocado, and tomato vinaigrette. Toss all the ingredients together until well mixed and then divide onto 8 plates. Sprinkle 1 ounce of feta over the greens.

Place 1 salmon filet on each salad and drizzle ½ tablespoon of Greek yogurt over each salmon filet, and serve.

