

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



*DR. SINATRA'S*

## SALMON & ASPARAGUS SALAD

Rich in healthy [omega-3 fats](#) and vital potassium, this alternative to green leafy salads offers a variety of textures, colors and flavors. Use either canned or fresh cooked wild Alaskan salmon.

- 12 oz wild Alaskan salmon fillets, divided into 4 portions
- 1 to 2 bunches of fresh, organic [asparagus](#)
- 1 to 2 teaspoons organic [olive oil](#)
- 2 fresh pears and/or 1 can mandarin oranges
- 2 cups canned or cooked white beans
- Sea salt
- ¼ cup chopped fresh parsley leaves
- 1 to 2 Tbsp sesame oil
- 1 to 2 Tbsp orange juice
- 1 to 2 Tbsp teriyaki sauce
- 1 to 2 Tbsp honey
- 1 to 2 Tbsp red wine vinegar

Poach fresh salmon in a mixture of olive oil, coconut oil and broth or water at 200° F for 35 to 40 minutes. Break off ends of asparagus and slice into 1-inch rounds. Steam asparagus in a pan with 1 inch of water for 5 to 7 minutes or until *al dente* (asparagus should be bright green and relatively crisp, yet cooked through). Run asparagus under cold water for a few seconds to cool it and preserve verdancy.

In a large bowl, mix together the cooled asparagus, beans, pears or oranges, parsley, sea salt, sesame oil, orange juice teriyaki sauce, red wine vinegar and honey (you may find it helpful to heat the honey first); use more of each liquid ingredient if you cook more asparagus, and vice versa. Spoon the salad onto four plates and top with salmon. Serves 4.