

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

SALMON NIÇOISE SALAD

Salmon provides a twist on this classic French dish, which offers a tuna alternative for those who want to avoid excess [mercury exposure](#). For convenience, you can always use canned salmon instead of fresh salmon. Substituting lettuce with [spinach](#) adds more [antioxidants](#) and [phytonutrients](#) to this already healthy meal which is full of fiber, amino acids, vitamins and minerals.

- 12 oz of fresh or canned wild Alaskan salmon
- 1 cup canned or cooked white beans
- 2 large organic eggs, hard boiled and sliced
- 1 cup organic cherry tomatoes, sliced in half
- 1 cup cooked organic green beans, cut into 2-inch pieces
- 4 organic red bliss potatoes, quartered and cooled
- 12 black olives
- 1 cup chopped organic green bell pepper
- 1 organic [avocado](#), peeled and thinly sliced
- 8 cups organic baby spinach

Dressing:

- 3 to 4 Tbsp extra virgin [olive oil](#)
- 2 Tbsp lemon juice
- 1 to 2 Tbsp red wine vinegar
- 1 to 2 teaspoons Dijon mustard
- Sea salt and black pepper, ¼ teaspoon each

If cooking fresh salmon, sauté the fish in olive oil over medium heat, or poach in water or broth, to desired temperature (medium rare to well done). Make dressing by whisking together all ingredients, measured to taste. To serve family style, toss all salad ingredients in a large bowl with the dressing. Alternately, toss spinach in enough dressing to lightly coat it, then divide among 4 plates and arrange the salmon, sliced egg, peppers, olives, avocados, tomatoes, green beans, white beans, and potatoes in a decorative pattern over each plate and drizzle with remaining dressing. Serves 4.

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