



A Recipe from



*DR. SINATRA'S*  
**CARDIOPROTECTIVE SALMON  
CAESAR SALAD**

Adding [salmon](#) to a traditional Caesar salad increases the flavor and [omega-3](#) fatty acid content by a mile. The protein in salmon is easy to digest and absorb, which speeds up your metabolism and keeps blood sugar levels in check. The eggs, romaine lettuce, and dressing meld nicely in this dish to satisfy your palate, all the while contributing to a [healthy lifestyle](#). Yield: 4 servings

**For the Salad:**

- 2 salmon fillets (4 ounces [115 g] each)
- ½ teaspoon salt, Celtic or sea
- ¼ teaspoon black pepper
- 4 cups (220 g) romaine lettuce, washed, roughly shredded
- 4 hard-boiled eggs, shelled and cut into quarters
- 16 cherry tomatoes, halved (optional)
- Cardioprotective Caesar Salad Dressing (see right)

**For the Cardioprotective Caesar Salad Dressing:**

- 5 anchovies
- 1 egg
- ¼ teaspoon dry mustard powder
- 1 tablespoon (15g) Dijon mustard
- 1 clove garlic
- ¾ cup (175 ml) extra-virgin [olive oil](#)
- 2 tablespoons (28 ml) fresh lemon or lime juice

**To make the salad:** Rub the salmon with the salt and pepper and steam it, covered, in a small skillet over medium heat, with a little water (about ½ cup [120 ml]) for about 10 minutes, until just cooked through. Set aside and let cool. Cut into slices. Place the romaine lettuce into a large bowl and add the salmon, quartered eggs, and (optional) tomatoes. Toss with the dressing and serve immediately.

**To make the dressing:** Place the anchovies, egg, mustard powder, Dijon mustard, and garlic into a food processor and blend until smooth. Add a little of the oil, about 2 tablespoons (28 ml), and blend again. Keep adding the oil slowly while still blending. Then add the lemon or lime juice and keep blending until dressing starts to thicken. Refrigerate in an airtight container. Yield 1 cup.

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