

Citrus and Salmon Salad with Poppy Seed Dressing

Recipe By CHEF ABBY J

SERVES: 4-6



INGREDIENTS:

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| <input type="checkbox"/> 1 lb. salmon filet | <input type="checkbox"/> 1 medium grapefruit, <i>peeled with sections cut into thirds</i> |
| <input type="checkbox"/> ½ cup buttermilk | <input type="checkbox"/> 1 avocado, <i>sliced into wedges</i> |
| <input type="checkbox"/> 2 tbsp. extra virgin olive oil | <input type="checkbox"/> 1 tbsp. chives, <i>chopped for garnishing</i> |
| <input type="checkbox"/> 1½ tbsp. poppy seeds | <input type="checkbox"/> ½ tsp. salt |
| <input type="checkbox"/> 2 medium navel oranges, <i>peeled and sliced ½ inch thick</i> | <input type="checkbox"/> ½ tsp. pepper |

DIRECTIONS:

- ☐ 1. Preheat the oven to 375°F. Lay the salmon filet skin side down on a rimmed baking sheet and season with salt and pepper. Bake for about 20 minutes, until just cooked through. Let cool, then flake into large chunks, discarding the skin.
- ☐ 2. Meanwhile, in a small bowl, whisk buttermilk, olive oil, and poppy seeds. Season dressing with salt and pepper.
- ☐ 3. Arrange the salmon, oranges, grapefruit and avocado on a platter or plates. Drizzle some of the dressing on top. Garnish with chives and serve.

This salad is very light and healthy and it pairs well Josh Cellars Sauvignon Blanc. It is sunshine in a glass with a crisp, clean finish, featuring the flavors of lemon and kiwi and scents of green apple.

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