



Sunset Salmon Salad

Ingredients for 4 Salads:

For the Salad

2 Grapefruits
 1 Avocado
 4 cups Romaine Lettuce
 4, 3 oz. Salmon Fillets
 0.5 oz. Dry Sherry (optional)
 1 Lemon

For the Poppy Seed Dressing

0.5 cups Sugar
 0.5 cups Rice Vinegar
 0.5 cups Water
 2 tsp Cornstarch
 2 tsp Canola Oil
 0.25 oz. Mustard Powder
 0.25 tsp Salt
 1 Onion, Grated
 1 Orange, Juiced

Preparation:

- *Prepare the dressing:* Mix water, vinegar, sugar, olive oil, cornstarch, salt, onion powder, mustard powder, and poppy seeds in a saucepan. Bring mixture to boil; cook, whisking constantly, until dressing is thickened, about 30 seconds. Remove from heat and cool. Add remaining ingredients. Refrigerate until ready to use (leftover dressing maybe stored in the refrigerator for 1-2 weeks).
- *Prepare the salmon:* whisk lemon juice, sherry, paprika and pepper. Brush on both sides of salmon pieces. Grill in skillet on medium heat until done and salmon turns light pink, about 6 minutes.
- *Plate the salad:* Arrange the lettuce on 4 plates. Place grilled salmon in the center of lettuce. Peel and section the grapefruit, removing all membrane and divide evenly among the salads. Peel avocado, slice lengthwise into thin slices and divide evenly among the salads. Drizzle 2 Tbsp of poppy seed dressing over each salad and serve.

Mindful Tips

Cornstarch is used to reduce the amount of oil in this recipe – it provides body and stickiness without adding color or flavor. Using cornstarch instead of oil saved 960 calories, and 112 grams of fat!

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Nutrition per serving: 150 calories, 2 g fat (0.5 g sat fat), 22 g carb (1 g fiber), 9 g protein, 75 mg cholesterol, 640 mg sodium