

Backyard BBQ Salmon Salad

Chef Charles Coe
Palm Beach Post

Servings: 1

FOR THE SALMON

1 six-ounce salmon fillet

2 peaches, grilled and the flesh puree'd with two ounces of barbecue sauce

FOR THE SALAD

4 ounces mixed baby lettuces, rough chopped

15 candied pecan halves

10 grape tomatoes (5 yellow, 5 red), halved

1/2 ear corn, grilled and sliced off the cob

1/2 green apple, julienned

3 ounces Citrus Honey Balsamic dressing (see recipe)

1 hard-boiled egg, quartered

fried onions (for garnish)

To make the salmon: Grill the salmon to medium then brush with the grilled peach-barbecue sauce blend.

To assemble the salad. In a large mixing bowl, toss together the mixed lettuces, pecan halves, grape tomatoes, grilled corn and green apple slices with the citrus honey balsamic dressing.

Place the grilled salmon on top of the mixed salad and arrange the hard-boiled egg quarters around the base of the greens.

Add the crispy fried onion strings on top of the salmon for a nice, contrasting texture.

Per Serving (excluding unknown items): 429 Calories; 12g Fat (24.6% calories from fat); 43g Protein; 39g Carbohydrate; 6g Dietary Fiber; 300mg Cholesterol; 184mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 2 Fruit; 1/2 Fat.