



Balsamic Beet Salad with Seared Salmon

Recipe By JOE LASHER, SR.

SERVES: 4

INGREDIENTS:

- | | | | |
|----------------------------|---------------------------------|------------------------------|---------------------------------------|
| <input type="checkbox"/> 4 | skinless salmon filets | <input type="checkbox"/> 1/2 | shallot, thinly sliced |
| <input type="checkbox"/> 1 | salt and pepper, to taste | <input type="checkbox"/> 1/4 | cup toasted walnuts |
| <input type="checkbox"/> 4 | tbsp. olive oil, divided | <input type="checkbox"/> 4 | oz. goat cheese, torn |
| <input type="checkbox"/> 5 | medium beets | <input type="checkbox"/> 8 | oz. balsamic vinaigrette dressing |
| <input type="checkbox"/> 2 | cups spring mix or salad greens | <input type="checkbox"/> 1 | cup microgreens (optional) |
| | | <input type="checkbox"/> 1 | green apple, thinly sliced (optional) |

DIRECTIONS:

- ☐ 1. Preheat oven to 450°F.
- ☐ 2. Wash the beets and place them on a foil sheet. Liberally coat with olive oil, salt and pepper, and wrap with foil. Place on a baking sheet and place in the preheated oven, cooking until fork tender, approximately 45 minutes.
- ☐ 3. Remove beets from the oven, remove from foil, and set aside. When they are cool to the touch, peel the skins. Let beets cool further, then chill in the refrigerator until ready to use. When thoroughly chilled, slice beets into 1/4-inch rounds and set aside.
- ☐ 4. Coat salmon filets with olive oil; season all sides with salt and pepper; set aside.
- ☐ 5. Heat olive oil in a large skillet over medium-high heat. Place salmon into a hot skillet. Let the salmon sear for approx. 2-3 minutes, then turn and finish until internal temperature of 145°F.
- ☐ 6. Assemble salad with greens, shallot, apple, beets, walnuts, cheese, and microgreens. Drizzle with balsamic vinaigrette and top with seared salmon filet!

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