



Crispy Salad with Candied Salmon and Apple Vinaigrette

Serves 8 as a side or about 3 as a main dish

Vinaigrette (makes about ½ litre):

Blend well the following ingredients in food

processor:

- 1/3 cup white sugar
- ½ cup apple cider vinegar
- 1 granny smith apple, washed, cored and diced
- 1 whole shallot or one thick slice of red onion
- 1 tsp ground coriander
- 1 pinch salt and pepper

Salad ingredients:

- 1 lbs iceberg lettuce, finely chopped
- ½ lbs red cabbage, finely chopped
- ½ red onion, slivered
- ½ lbs snap peas, trimmed and chopped in diagonals
- ½ lbs radishes, sliced
- ½ lbs carrots, julienne
- One handful of pea shoots
- 1 bunch of parsley, Italian parsley or lovage
- ½ lbs (minimum) candied salmon, salmon nuggets or hot smoked salmon
- One handful hemp seeds or lightly roasted sesame seeds
- 3 tbs extra virgin olive oil or Albertan cold pressed canola oil



Instructions:

Wash and prep the vegetables and parsley.

Chop the candied salmon.

Toss all ingredients with some of the dressing in a large bowl at meal time.

Drizzle lightly with olive oil.

Garnish with a little hemp seeds or candied salmon if you have extra.

Bon appétit!

