



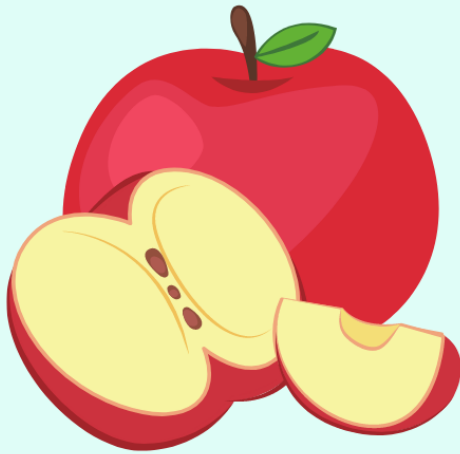
# Crispy Salad with Candied Salmon and Apple Vinaigrette

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!

