

## **Asian Salmon Salad with Pea Shoots, Pomegranate and Avocado**

- 8 oz wild salmon filet, broken into large bite size pieces (can substitute cooked chicken)
- 4-5 c pea shoots, keep leaves whole and chop stems (can substitute watercress, spinach or lettuce)
- 1 c pomegranate seeds (delicious, beautiful & so healthy!)
- 1 avocado, cut into bite size cubes (another healthy powerhouse)

### **Dressing**

- 2 T seasoned rice vinegar
- 2 T sesame oil
- 2 t sesame seeds, toasted lightly
- 2 t maple syrup (or sweetener of your choice)
- 2 t soy sauce (light soy sauce is fine)

Pea shoots come still planted in the earth, growing in a pot, from Monsieur Basilic. Use a scissors to snip the stalks an inch or two from the earth then chop the pea shoots into 1 inch pieces, reserving a few long stalks with tendrils to decorate the platter.

Coat the salmon with a bit of sea salt, freshly ground pepper, Dijon and maple syrup then roast in a 420 degree oven for 8-14 minutes, depending upon the size, until just past translucent. Remove from oven to check for doneness. Flesh flakes when cooked. If skinny parts get done before thicker ones, cover them with tinfoil to keep them from overcooking. This salmon can be prepared for a dinner gathering, the remainder for this salad recipe.

Pomegranates can be scored, several times down the sides, with the tip of a knife, after cutting off the top and bottom 1/4 inch. Then gently open up the fruit, over a bowl, kept in the bottom of your sink. Gently pry out the ruby red seeds, discarding the white membrane and outer shell. Pomegranates keep for weeks in your fridge before being opened, for about 1 week after removing the delectable seeds from their honeycomb like abode. Eat the whole seed, juicy part and firm part. The taste and sensation are both unique and enjoyable.

Mix dressing ingredients and dress salad.