

Salmon Salad with Roasted Asparagus and Russian Dressing

Salmon Salad

- 14oz (426g) canned salmon, drained, mashed
- 2 hard-boiled eggs, sliced, a few slices reserved as garnish
- 1/4 c each mayonnaise, crumbled feta
- 1/3 c each orange & yellow bell pepper, finely chopped
- 1/3 c each dry shallots & celery, finely chopped
- 1/3 c carrot, grated
- 1/3 c each parsley & dill finely chopped
- 1 lemon, juiced
- 1/2 t hot sauce
- sea salt and freshly ground black pepper

In a medium-sized bowl, combine salmon with the mayonnaise, salt and pepper. Add the rest of the ingredients and stir well to combine.

Now that you've got your Salmon Salad prepped, here are a few serving suggestions:

Serve a scoop of Salmon Salad atop lettuce, garnished with Roasted Asparagus, capers and Russian Dressing.

Serve Salmon Salad in a lettuce or nori wrap, with Roasted Asparagus, capers and Russian Dressing.

Toast or grill some healthy bread. Cover toasted bread with Salmon Salad, place an egg slice in the center and crisscross with asparagus. Garnish with capers and Russian dressing.

Serves 6 - 8.

Roasted Asparagus

- 1 bunch asparagus, halved lengthwise if thick
- 2 t garlic olive oil, or regular olive oil
- sea salt

Preheat oven to 420F.

Lightly brush asparagus with olive oil, then sprinkle with salt. Roast for 10 - 12 minutes. Cut some in half to fit atop crostini.

Russian Dressing

- 1/2 c mayonnaise
- 2 T ketchup
- 1/2 lemon juiced
- sea salt and freshly ground black pepper

Combine all ingredients in a squeeze bottle. Shake well, holding your finger over the tip. Adjust seasoning.

Jittery Cook