



Salmon Salad with Vinaigrette

Makes 4 Servings

1 pound green beans, trimmed
¼ cup red wine vinegar
2 tablespoons Dijon mustard
1 tablespoon extra-virgin olive oil
1 tablespoon minced shallots
¼ teaspoon kosher salt, divided
¼ teaspoon black pepper, divided
4 (3-ounce) salmon fillets
4 cups mixed salad greens
¼ cup vertically sliced Vidalia or other sweet onion
2 hard-cooked large eggs, sliced

- Preheat grill to medium-high.
- Place beans in large pan of boiling water; cook 2 minutes. Drain and plunge beans into an ice water bath; drain.
- Combine vinegar, mustard, oil, shallots, 1/8 teaspoon salt, and 1/8 teaspoon pepper in small bowl. Stir well with whisk and set aside.
- Using a mister, spray both sides of each fillet with olive oil; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper. Place fish, skin side up, on grill rack. Cook 4 minutes or until fish flakes easily when tested with a fork, turn and cook for an additional 4 minutes.
- Arrange 1 cup greens in each of 4 bowls. Top with onion, egg slices and beans. Top with salmon, and drizzle with dressing.

Nutrition Information

Calories: 271

Total fat: 13g

Saturated fat: 2g

Carbohydrates: 13g

Dietary Fiber: 5g

Protein: 26g