

SALADE / FRANCH

Sautéed Salmon and Lentils with Warm Raspberry Vinaigrette

Spring is the perfect time for this heart-healthy salad. Choose your favorite tender greens, or serve the lentils inside a radicchio leaf. Both lentils and salmon are great sources of potassium, vitamin B, and other key nutrients. The salmon also provides omega-3 fatty acids and the lentils valuable fiber.

- 1 cup (7 oz/220 g) green lentils, rinsed and drained
- 1 carrot, diced very small
- 1 turnip, diced very small
- ½ cup (2½ oz/75 g) finely minced onion
- 4 tablespoons (2 fl oz/60 ml) safflower oil
- 4 salmon fillets, ½ in (12 mm) thick, about ¾ lb (375 g) total
- 1 shallot (white onion), very finely chopped
- 6 tablespoons (3 fl oz/90 ml) raspberry vinegar
- ¼ teaspoon salt
- freshly ground pepper to taste
- 2 cups (2 oz/60 g) mesclun (mix of tender greens: mâche, frisée, arugula and the like)
- 4 sprigs fresh chervil

1. Preheat oven to 300°F (150°C).
2. Place the lentils with 3 cups (24 fl oz/750 ml) of water in a large saucepan, and bring to a boil. Reduce to a simmer, and add the carrot, turnip and onion. Cook for 20 minutes, until the lentils are tender but not mushy. Drain, and set aside.
3. In a large skillet, heat 2 tablespoons of the oil, and sear the salmon over high heat for 2 minutes on each side. Transfer the fillets to an ovenproof platter, cover and keep warm in the oven for 5 minutes.
4. Add the shallot to the juices in the skillet, and sauté until soft. Deglaze the pan with 4 tablespoons of the vinegar, and reduce slightly. Season with the salt and pepper. Pour the warm vinaigrette over the lentils, reserving 4 teaspoons to pour over the salmon fillets. Toss the lentils well.
5. Toss the mesclun with the remaining raspberry vinegar and remaining oil.

6. Place the mesclun on half of each plate; spoon the lentils on the other half. Arrange a salmon fillet on top of the lentils, and spoon 1 teaspoon of the remaining vinaigrette over each fillet. Garnish the salmon with the chervil, and serve at once.

Serves 4

1 serving: Calories 450, Protein 32 g, Carbohydrates 38 g, Fiber 8 g, Total fat 20 g (Saturated 2 g, Monounsaturated 3.5 g, Polyunsaturated 13 g), Cholesterol 50 mg, Sodium 240 mg, Iron 30%, Vitamin A 100%, Vitamin C 30 %.

▲ *1 Vegetable, 1 Meat*

Clockwise from top right: Swedish Rye Bread; Farfalle with Shrimp and Scallops; Sautéed Salmon and Lentils with Warm Raspberry Vinaigrette