

Salmon Caesar Salad

with Homemade Sourdough Croutons

At its most basic, the Caesar salad is a delicious mixture of crisp romaine lettuce, sharp Parmesan cheese, olive oil and crunchy croutons. But there are countless variations of the dish—many of which turn it into a hearty entrée. Here, we're doing just that by adding flaky, pan-seared salmon fillets and using oven-toasted sourdough croutons. Coated in a creamy dressing with a kick of tang, this light, easy dinner is perfect for the start of summer.



Ingredients

- 2 Salmon Fillets
- 1 Small Sourdough Bread Boule
- 2 Cloves Garlic
- 1 Head Romaine Lettuce
- 1 Lemon

Knick Knacks

- 1 Tablespoon White Wine Vinegar
- ¼ Cup Grated Parmesan Cheese
- ¼ Cup Mayonnaise

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 350°F. Wash and dry the fresh produce. Cut off and discard the root end of the lettuce; roughly chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Place the garlic paste in a small bowl with the **vinegar**.

2



Make the croutons:

Tear the **bread** into bite-sized pieces and place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and toast in the oven, stirring halfway through, 10 to 12 minutes, or until golden brown and crispy. Remove from the oven.

3



Make the dressing:

While the bread toasts, add the **lemon zest** and the **juice of 2 lemon wedges** to the **garlic paste-vinegar mixture**. Stir in the **mayonnaise** until well combined. Season with salt and pepper to taste.

4



Cook the salmon:

Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the seasoned fillets, skin sides down, and cook 6 to 8 minutes on the first side. Flip and cook 3 to 4 minutes, or until browned and cooked to your desired degree of doneness. Remove from heat.

5



Make the salad:

In a large bowl, combine the **lettuce**, **croutons** and **half the Parmesan cheese**. Add enough of the **dressing** to coat the salad (you may have extra dressing). Transfer **1 cooked salmon fillet** to a clean, dry work surface. Using a fork, flake the fillet into bite-sized pieces. Add the flaked fillet to the salad; gently toss to combine. Season with salt and pepper to taste.

6

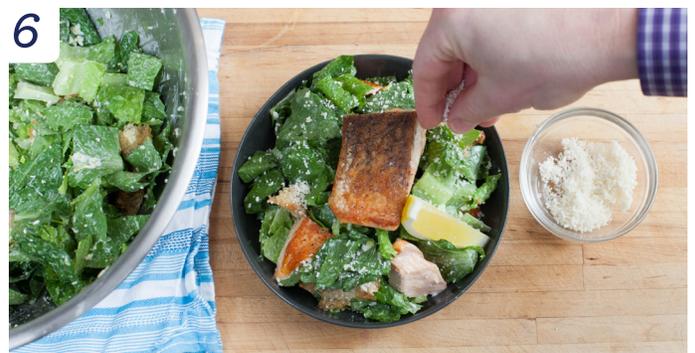


Plate your dish:

Slice the remaining cooked salmon fillet in half. Divide the **salad** between 2 plates. Top each with a **piece of the halved salmon fillet**. Garnish with the **remaining lemon wedges and Parmesan cheese**. Enjoy!