



Pan-Seared Salmon with Kale and Apple Salad

Submitted by PEHP Member (Michele L)

Ingredients:

Four 5-ounce center cut salmon fillets
3 TBSP fresh lemon juice
3 TBSP olive oil
Salt
1 bunch kale, ribs removed, leaves very thinly sliced (about 6 cups)
¼ cup dates
1 honey crisp apple
¼ cup finely grated pecorino
3 TBSP toasted slivered almonds
Freshly ground black pepper
4 whole wheat dinner rolls

Steps:

- Whisk together the lemon juice, 2 TBSP olive oil and ¼ tsp salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
- While the kale stands, cut the dates into thin slivers and the apple into matchsticks. Add the dates, apples, cheese and almonds to the kale. Season with pepper, toss well and set aside.
- Sprinkle the salmon all over with ½ tsp salt and pepper. Heat the remaining 1 TBSP oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high. Place the salmon, skin side up in the pan. Cook until golden brown on one side, about 4 minutes.
- Turn fish over with a spatula, and cook it until it feels firm to touch, about 3 minutes more.
- Divide the salmon, salad and rolls evenly about four plates.