

CALI COAST SALAD WITH GRILL-BLACKENED SALMON

Prep: 15 mins | *Total:* 30 mins

Serves: 4

INGREDIENTS

For the Salad:

- 1 lb coho or keta salmon
- 1 teaspoon blackening seasoning
- ½ teaspoon salt
- ½ head romaine lettuce, sliced thin
- ½ head red cabbage, sliced thin
- 1 avocado, diced
- ½ small red onion, sliced thin
- 1 cup shredded sharp white cheddar
- 1 cup pineapple salsa, or 1 cup diced pineapple mixed with cilantro and minced onion
- 2 corn tortillas, cut into strips
- 3 tablespoons canola oil

For the Buttermilk Cilantro Dressing:

- ¼ cup buttermilk
- 3 tbsp mayo
- 3 tbsp sour cream
- 1 tbsp lime juice
- 1 garlic clove, crushed
- 1 tbsp minced cilantro
- 1 tablespoon olive oil
- Salt & pepper to taste

DIRECTIONS

PREP THE GRILL

Preheat the grill over high heat. Scrape the grill grates clean and coat the grates with a thin coating of high-heat oil such as canola.

SEASON THE SALMON

Season salmon fillet with the blackening seasoning and salt

GRILL THE SALMON

Grill the salmon, flesh side down for 5 minutes. Flip, then cook for another 3-4 minutes until cooked through. A thin fillet of salmon will need less time to cook on both sides.

MAKE THE DRESSING

Whisk all of the dressing ingredients together. Season with salt & pepper to taste.

MIX THE SALAD

In a large bowl combine the lettuce, cabbage, red onion, avocado, sharp cheddar, and pineapple salsa.

MAKE THE TORTILLA STRIPS

Heat the canola oil over medium high heat in a skillet. Fry the tortilla strips until crispy. Remove the tortilla strips to a paper towel-lined plate and season with salt.

SERVE

Toss the salad with the dressing and serve in individual plates topped with flakes of the blackened salmon. Garnish with crispy tortilla strips.

