

Salmon Berry Salad w/ Raspberry Vinaigrette

Category: Main Course:Entree Salads
Master Ref: Comptrition

Portion: 1 salad

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
427 kcal	29.7 gm	21.4 gm	26.3 gm	53.7 %	53 mg	692 mg	8.7 gm	210 mg

Step	Ingredients	12 Servings Amount	24 Servings Amount	48 Servings Amount
1	Seasoning,Old Bay	6 tsp	1/4 cup	1/2 cup
	Pepper,Black,Ground	3 tsp	2 tbsp	1/4 cup
	Fish,Salmon,Atlantic,Frozen	36 oz	4 lb 8 oz	9 lb
2	Raspberries, Fresh	12 oz	1 lb 8 oz	3 lb
	Sugar,Granulated	1.5 tbsp	3 tbsp	1/3 cup 2 tsp
	Vinegar,Balsamic	1 cup	2 cup	1 qt
	Oil,Olive	3/8 cup	3/4 cup	1-1/2 cup
	Honey	1 tbsp	2 tbsp	1/4 cup
	Salt	3/4 tsp	1-1/2 tsp	1 tbsp
3	Spinach,Fresh,Baby,Bunch	24 cup	3 gal	6 gal
	Strawberries, Sliced	3 cup	1 qt 2 cup	1/2 gal 1 qt
	Blueberries,Fresh	3 cup	1 qt 2 cup	1/2 gal 1 qt
	Raspberries, Fresh	3 cup	1 qt 2 cup	1/2 gal 1 qt
	Almonds,Sliced,Toasted	1.5 cup	3 cup	1 qt 2 cup
	Cheese,Feta,Crumbled	1.5 cup	3 cup	1 qt 2 cup
	Onion,Red,Fresh,Sliced	1.5 each	3 each	6 each

- 1 Preheat grill to medium high heat. Season the salmon with Old Bay and black pepper. Oil the grill or spray with cooking spray; place the salmon on grill and cook each side for approximately 3-4 minutes or until desired degree of doneness is reached. Chill salmon to 70 F. within 2 hours, then from 70 F. within 4 hours.
- 2 Place raspberries and sugar together in a blender and until liquefied. Pour berry mixture over a wire mesh strainer over a small mixing bowl to remove raspberry seeds; add balsamic vinegar, olive oil, honey, and salt. Cover jar with lid and shake until dressing is mixed well. Store in refrigerator.
- 3 Place 2 cups of spinach on each pre-chilled dinner plate. Top with 1/4 cup of the strawberries, blueberries, and raspberries, and 1/8 cup of feta cheese, toasted almonds, and sliced red onions.

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Top each salad with 3 oz cooked salmon and drizzle 4 tablespoons of vinaigrette dressing evenly over the salad. NOTE: May substitute spring salad mix for spinach.
Hold for service at 41 degrees or lower.(CCP)