

miso glazed salmon salad

Makes 4 servings

RECIPE ADAPTED FROM: [Dishing Out Health](#)

PREP TIME: 30 minutes

COOK TIME: 10 minutes

1 cup thinly sliced red onion
2/3 cup cider vinegar
1/2 tsp salt
1/2 cup water
2 Tbsp extra virgin olive oil
1 Tbsp soy sauce
1 Tbsp white miso paste
4 salmon fillets
1-2 bunches lacinato kale, stemmed, roughly chopped
1 avocado, sliced
1/2 cup blueberries
1/4 cup walnuts or almonds

LEMON-CAYENNE DRESSING

2 Tbsp lemon juice
1 Tbsp honey
2 tsp Dijon mustard
1/4 to 1/2 tsp cayenne pepper
1/2 tsp sea salt
1/4 tsp black pepper
1/3 cup extra virgin olive oil

COMBINE onion, vinegar, salt and water in a small saucepan over medium-high heat.

BRING to a simmer and cook 1 minute. Remove from heat and let stand until ready to use.

COMBINE olive oil, soy sauce and miso in a wide-rimmed bowl. Add salmon and gently toss to coat. Let stand 15 minutes.

MEANWHILE, prepare Lemon-Cayenne Dressing by combining lemon juice, honey, Dijon, cayenne, salt, and black pepper in a small bowl. Gradually stream in olive oil, whisking constantly, until emulsified.

PLACE kale in a large bowl and add half of dressing. Gently massage dressing into greens for 30 to 60 seconds until they start to soften.

ADD blueberries and nuts, tossing to combine.

PLACE the top oven rack 6"-8" from broiler. Pre-heat broil setting to HIGH.

PLACE the marinated salmon fillets on a foil-lined baking sheet, and broil for 6 to 8 minutes, or until just opaque in center. (If the salmon starts to burn, move it to lower rack.)

ASSEMBLE salad by dividing kale mixture evenly between 4 bowls. Drain pickled red onions and scatter evenly over top. Top each salad with one miso-glazed salmon fillet, plus some avocado slices. Drizzle remaining dressing evenly over top if needed.

