

Fresh sockeye salmon is readily available all summer long. This recipe can use salmon with or without the skin. Crispy salmon skin is a delicacy and helps keep the salmon protected from drying out during cooking. You can use skinless salmon being careful to not sear too long in the pan to avoid dry salmon. This recipe also works great with grilled salmon, especially using charcoal for a light smoky flavor.

Seared Salmon with Sweet Corn, Potato, and Arugula Salad

Servings: 5

Portion: 4 ½ oz Salad, 4 oz Salmon, ½ oz Cherry Tomatoes

Nutrition Per Serving: 411 Calories, 20 g Fat, 32 g total Carbohydrate, 28 g Protein, 509 mg Sodium, 60 mg Cholesterol

Salad Ingredients:

2 tsp- Dijon Mustard

1 each- Lemon, Squeezed Juice & Zest from Rind

1 each- Small Lime, Squeezed for Juice

1 Tbsp.- Sugar, Granulated

1 fl oz- Canola Oil

2 Tbsp.- Olive Oil, Extra Virgin

10 oz- Corn Kernels, Cut Off of Fresh Corn

10 oz- Small Red or Yukon Gold Potatoes, Blanched in Salt Water & Sliced ½ inch

3 oz- Baby Arugula, Washed and Dried

1 Tbsp- Fresh Cilantro Leaves, Chopped

½ tsp- Kosher salt (1/4 tsp regular salt)

¼ tsp- Black Pepper, Ground

¼ tsp- Louisiana Hot Sauce

1 oz- Green Onion, Chopped

10 each- Cherry or Grape Tomato, Split in Half

Salmon Ingredients:

5 each Salmon filet, skin-on 5.5 to 6 oz portions (skin-on Salmon has more beneficial omega-3 fatty acids)

½ tsp Kosher Salt or Pinch Regular Salt

½ tsp Black Pepper

3 Tbsp Canola Oil for Searing or Grilling the Salmon

Procedure:

-Combine the mustard, lemon juice & zest, lime juice, and sugar in a bowl. Slowly whisk in the olive & canola oils and season with salt & pepper and hot sauce.

-Heat a sauté pan over medium high heat. Lightly coat the salmon filets with canola oil and season all sides with salt & pepper. Place the salmon filet skin side down in pan & sear 3-4 minutes or until the skin is crispy. Carefully flip the salmon with a metal spatula or fish spatula and sear for another 2-3 minutes. Cooking time may vary based on the thickness of the salmon. An internal thermometer reading of 125-130 deg F is perfectly cooked salmon.

-Split the salad among 5 plates or bowls. Place salmon on top and garnish with tomato halves. Fresh ground pepper is a great finish to the salad.