

SALADE NICOISE WITH PAN-SEARED WILD SALMON AND HERBED VINAIGRETTE

Originating in the city of Nice in the south of France, Salade Nicoise traditionally features tinned tuna, potatoes, tomatoes, green beans, hard-boiled egg, olives and salad greens.

We give the salad a heart-healthy makeover by boosting the Omega-3 fatty acids by substituting the tuna for wild Pacific salmon, trading potatoes for a lentil salad (high in soluble fibre, low in saturated fat), and featuring extra virgin olive oil in a light, lemony herbed vinaigrette.

This is a perfect summer salad, especially when wild salmon are in season from May through September. Best of all, it's delicious, healthy and easy to make!

Serves 2

Herbed vinaigrette

Makes about 1/2 cup (Use only as much as needed and refrigerate remainder.)

3 tbsp fresh lemon juice, strained
1 tsp Dijon mustard
1 clove garlic, crushed
3/4 tsp honey or to taste
Pinch of salt
Pinch of white pepper
1/4 cup extra virgin olive oil

2 tsp chopped flat leaf (Italian) parsley, plus more for garnish
2 tsp chopped chives, plus more for garnish

In a food processor (or blender), mix together the lemon juice, mustard, garlic, honey and salt and pepper. Drizzle in the extra virgin olive oil until the mixture emulsifies. Taste for seasoning. Set aside. Just before serving, mix in the chopped herbs.

Lentil salad

Makes about 2 cups (4 servings)

1 cup cooked lentils (If using canned lentils, choose a no-added-salt version; rinse and drain.)
1 Roma tomato, seeded and diced
2 tbsp red onion, finely diced
2 tbsp cucumber, seeded and finely diced
2 tsp chopped parsley
1 tbsp of Herbed Vinaigrette (recipe above), or more if needed

In a bowl, mix together all ingredients. Taste for seasoning. Refrigerate until needed.

Salad

2 servings

1/2 cup green beans, blanched for 3-5 minutes, cooled in an ice bath, then drained
1 hard-boiled egg, preferably Omega-3, quartered (optional, but traditional)
3 cups organic salad greens
2 Campari or Roma tomatoes, cut into 6-8 wedges
10 cherry tomatoes, preferably red, orange and yellow; cut in half
1/3 cup red onion, thinly sliced (To reduce the strong flavor of raw onion, soak in cold water for 10 minutes, then drain.)
1/3 cup red bell pepper, thinly sliced
8 Nicoise olives (optional, but traditional)
Chopped flat-leaf (Italian) parsley, for garnish
Chopped chives, for garnish

Prepare the green beans and egg. While they are cooling, prepare the remaining ingredients. On a plate, assemble the salad: place salad greens in the middle (the salmon will be placed on top), then arrange the rest of the ingredients around the plate.

Salmon

2 servings

2 fresh, boneless, skinless salmon fillets, 3 oz each; preferably wild Pacific salmon
1 tbsp extra virgin olive oil

Heat up a non-stick pan and swirl in the olive oil. Place salmon in the pan and let it cook undisturbed for 3-4 minutes, or until it develops a nice golden color. Flip the salmon over and cook for a further 2 minutes. Try not to overcook the salmon - it is fine with a bit of pink inside.

(Alternatively, you can grill, roast, bake, or poach the salmon - all are heart-healthy cooking methods.)

To plate the salad

Add the chopped herbs to the vinaigrette; drizzle 2 tablespoons of vinaigrette over all the components of the salad. Place the salmon on top of the salad greens; drizzle 1 tablespoon of vinaigrette on top. Sprinkle chopped herbs all over the salad). Garnish salmon with a small handful of dressed salad, if desired. Serve immediately.

Recipe copyright of Chef Cindy Low
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SALADE NICOISE WITH PAN-SEARED WILD SALMON AND HERBED VINAIGRETTE Nutrition Analysis

Herbed Vinaigrette

Nutrition Facts	
Serving Size 2 tbsp (29g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0%	• Vitamin C 10%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Lentil Salad

Nutrition Facts	
Serving Size 1/2 cup (76g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 5g	
Vitamin A 4%	• Vitamin C 8%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Salad and Wild Salmon

Nutrition Facts	
Serving Size 1/2 Recipe (375g)	
Servings Per Container 2	
Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 21g	
Vitamin A 80%	• Vitamin C 110%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
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Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Analysis excludes the egg and olives as these are optional.

Analysis by: Michele Blanchet, RD, VGH Cardiac Rehab Program