

Salmon Salad with Sundried Tomatoes & Bacon

Surprise your family or guests with the restaurant look & taste of this salad that will only take you 15 minutes to make!

Serves 4 (¼ of head lettuce each) Prep time 15 min / Total time 15 min

INGREDIENTS

- 2 cans (180 g each) Gold Seal® Skinless Boneless Sockeye salmon, drained
- 1 head iceberg lettuce, cut in quarters
- ½ cup bacon bits
- ¼ cup thinly sliced sundried tomatoes
- ¼ cup dried cranberries
- ¾ cup buttermilk dressing
- chopped chives or green onions, for garnish

COOKING INSTRUCTIONS

1. Place a quarter of the lettuce in the middle of each of the four chilled plates.
2. Crumble salmon over the head lettuce.
3. Sprinkle bacon bits, sundried tomatoes and cranberries over the salmon & lettuce.
4. Drizzle buttermilk dressing over and garnish with chives or green onions.

Ingredient of the day: Salmon

The rich, creamy taste of wild salmon that consumers around the world have come to crave can be attributed to their natural high oil content. In addition to flavour salmon oil is rich in Omega-3 fatty acids that provide numerous health benefits.

<http://www.goldseal.ca/health/omega-3.asp>

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- Sprinkle with some shredded aged cheddar.
- Enjoy with your favorite fresh crusty bread.

NUTRITIONAL VALUES / SERVING:

Calories 441	Fiber 3 g
Fat 26 g	Cholesterol 50 mg
Sat Fat 3 g	Sodium 663 mg
Carbs 27 g	Sugar 14 g
Protein 25 g	Calcium 219 mg