

# Spiced~Marinated Salmon Salad



The "Best Entrée" of the 2009 Taste of Blue Ash was a Spice~Rubbed Salmon Salad ~ here's the Yummy! version

Serves 6

1 bunch fresh cilantro	1T ground cumin	6 ~ 6oz salmon filets	2T capers, rinsed and drained
1 bunch fresh flat~leaf parsley	1T paprika	9c salad greens	1 1/2c garbanzo beans, rinsed, drained
10 garlic cloves, coarsely chopped	1t crushed red pepper flakes	1 small onion, finely diced	balsamic vinegar, for drizzling
1/2t kosher salt	1/4c olive oil	1 red bell pepper, diced	
	1/4c fresh lemon juice		

Coarsely chop cilantro and parsley leaves, some stems are OK but don't use all of the stems. Place in food processor and process to a fine mince.

Add garlic, salt, cumin, paprika, red pepper flakes, olive oil and lemon juice to food processor and process until fairly smooth.

Place salmon in baking dish sprayed with non~stick cooking spray and top with spice mixture. Cover with plastic wrap and refrigerate 2 hours. Remove from refrigerator and allow to sit at room temperature 30 minutes.

Preheat oven to 350. Remove plastic wrap and bake salmon 10 minutes for every 1" of thickness ~ approximately 15~20 minutes for a typical 6oz filet. Baste with marinade every 5 minutes while baking. Remove from oven, cool completely if using for salad.

Divide salad greens among 6 plates, top with onion, red bell pepper, capers, garbanzo beans and salmon filet. Drizzle with balsamic vinegar, to taste ~ I like about 2T of vinegar for each salad.

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**Debbie Spangler ~ Certified Personal Chef**

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)