

VeraVia Wild Salmon Salad

Ingredients:

2 each 4-6 ounce portions salmon with skin

6 cups winter salad greens mix

One handful each:

Shaved carrots

Sliced cucumbers

Fennel

½ persimmon, sliced

2 tbsp. toasted pumpkin seeds

¼ c. red wine vinaigrette

Salt and pepper to taste

Vinaigrette:

Shake in jar: 1 part red wine vinegar, 3 parts extra virgin olive oil, 1 clove garlic minced, salt and pepper

Method:

1. Compose salad.
2. Whisk salad dressing together.
3. Season and sear salmon, place on salad and serve.