

Spinach Salad with Salmon Cakes



Makes:

6 servings

Utensil:

Saladmaster Food Processor

12" Chef's Gourmet Skillet

small mixing bowl

large mixing bowl

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Contributed By:

Chef John Lara

Personal chef to former U.S. President

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Recipe Description:

Serve this beautiful and delightful dish for dinner or a sophisticated brunch. Add a crusty bread or whole-wheat rolls and you have a complete meal for family or guests.

Salmon Cakes

3

ounces

leeks, sliced, use Cone #4

(85

g)

3

ounces

celery, sliced, use Cone #4

(85

g)

4

cloves
garlic, minced
15
ounces
salmon, drained and chopped
(425
g)
2
tablespoons
Dijon mustard
(30
g)
1
tablespoon
milled flaxseed
(7
g)
3
tablespoons
water
(45
mL)
2
tablespoons
lemon juice
(30
mL)
1
large
egg³
1⁴
cups
whole-wheat breadcrumbs
(190
g)
2
tablespoons
parsley, chopped
(8
g)
1
teaspoon
sea salt
(6
g)
1
teaspoon
black pepper
(2
g)

Lemon Dill Vinaigrette

¹/₂

cup

white wine vinegar

(120

mL)

3

tablespoons

fresh dill, chopped

(10

g)

1

tablespoon

lemon zest, shredded, use Cone #1

(6

g)

3

tablespoons

Dijon mustard

(45

g)

2

cloves

garlic, minced

2

tablespoons

honey

(42

g)

1

cup

olive oil

(240

mL)

4

tablespoons

red bell pepper, diced

(40

g)

Sea salt and pepper to taste

Spinach Salad

6

ounces

baby spinach

(170

g)

18

red grape tomatoes, approximately 1 cup

18

yellow tomatoes, tiny, approximately 1 cup

3

ounces

red onions, slices, use Cone #4

(85

g)

6

ounces

English cucumber, sliced, use Cone #4

(170

g)

Directions:

1. Preheat skillet on medium heat. When several drops of water sprinkled on pan skitter and dissipate add leeks, celery and garlic. Sauté until vegetables are slightly translucent, approximately 3-4 minutes. Set aside.
2. In a large bowl combine salmon, mustard, milled flaxseed, water, lemon juice and egg. Mix well. Add leek mixture plus breadcrumbs, parsley, salt and pepper. Fold together gently.
3. Shape the salmon mixture into 12 patties about 2-inches wide.
4. When ready to serve, preheat skillet over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place salmon cakes in skillet. Reduce heat to medium-low and cook until cakes start to release from the bottom of pan, approximately 4 minutes. Turn and continue to cook until cooked through, approximately 4 more minutes.
5. Remove and allow salmon cakes to cool slightly at room temperature before placing them on salad.

Lemon Dill Vinaigrette

1. Whisk together vinegar, dill, lemon zest, mustard, garlic and honey.
2. Add olive oil in a slow, steady stream whisking constantly until thoroughly combined.
3. Whisk in bell pepper and add salt and pepper to taste.

Spinach Salad with Salmon Cakes Assembly

1. Place 1 ounce (28 g) of spinach on center of plate. Center salmon cake on top of spinach and garnish with red and yellow tomatoes, red onion and cucumber.
2. Drizzle approximately 3 tablespoons of lemon dill vinaigrette on top. Garnish with lemon wheel and sprig of fresh dill if desired.

Nutritional Information per Serving
Salmon Cakes

Calories:

304

Total Fat:

12g

Saturated Fat:

3g

Cholesterol:

80mg

Sodium:

707mg

Total Carbs:

25g

Dietary Fiber:

2g

Sugar:

2g

Protein:

21g

Lemon Dill Vinaigrette (2 tablespoons per serving)

Calories:

135

Fat:

14g

Saturated Fat:

2g

Cholesterol:

0mg

Sodium:

11mg

Carbohydrate:

3g

Fiber:

0g

Sugar:

2g

Protein:

0g