

Grilled Salmon with Watercress Salad & Buttermilk Dressing

HANDS-ON TIME: 35 min

TOTAL TIME: 35 MIN; SERVES 4: 3 oz salmon & 2 cups salad each

CROUTONS:

- 2 cups cubed rye bread (1/2 inch thick)
- 1 Tbsp extra virgin olive oil

BUTTERMILK DRESSING:

- 1/3 cup buttermilk
- 3 Tbsp mayonnaise
- 1 Tbsp cider vinegar
- 1 Tbsp chopped fresh dill
- 1 tsp Dijon mustard
- 1 small clove garlic, minced
- 1/4 tsp fine sea salt
- Hot sauce to taste

SALMON & SALAD:

- 1 lb wild salmon, skin on, cut into 4 portions
- 1/4 tsp fine sea salt
- 1/4 tsp ground pepper
- 8 cups gently packed trimmed watercress (about 2 large bunches)
- 1/2 cup fresh sauerkraut, preferably purple



Instructions: *Rye croutons, mustard and sauerkraut pair beautifully with wild salmon from the Northwest. Most large supermarkets sell sauerkraut in the refrigerated section; if you can't find purple sauerkraut, feel free to use green (or make your own). A rich dill-infused buttermilk dressing brings it all together.*

1. Preheat oven to 350°F.
2. **To prepare croutons:** Toss bread and oil in a medium bowl. Spread on a rimmed baking sheet. Bake until crisp, 10 to 15 minutes.
3. Meanwhile, preheat grill to high.
4. **To prepare dressing:** Whisk buttermilk, mayonnaise, vinegar, dill, mustard, garlic, 1/4 tsp salt and a couple dashes of hot sauce in a small bowl.
5. **To prepare salmon:** Season salmon with salt and pepper. Oil the grill rack. Grill the salmon, skin-side down and without turning, until just cooked through, 3 to 6 minutes, depending on thickness. Transfer to a clean plate and tent with foil to keep warm.
6. Toss watercress with half of the dressing. Serve the salmon on the salad, garnished with sauerkraut and the croutons. Serve the remaining dressing on the side.

CAL 279 | FAT 14G (SAT, 3G) | CHOLESTEROL 58MG | CARBS 11G | SUGARS 3G | PROTEIN 26G | FIBER 2G | SODIUM 568MG | POTASSIUM 623MG

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