

SALMON RUN SALAD

Is anything more refreshing than a bright spring or summer salad? How 'bout one that's protein-based that you just crave, even the next day? Look no further than our summer favorite – the Salmon Run Salad. We believe protein is the key to salads, after all. The Spatchcock Funk squad loves salmon, especially ones we caught. We've devoured it at joints all the way from Alaska to Lake Ontario, and we love it as sushi, in a chowder, or grilled up too. But this salad might be our favorite iteration of this big flavor fish. It makes everything better on a warm summer day, for sure, but works to brighten up a winter happy hour, too. Served with crispy crostinis, this appetizer (or sandwich spread) is light, refreshing and has a cool flavor profile – the dill and lemon party so well with each other, you get the feeling they might go home together, too. The flavor combinations make the fresh salmon really stand out. If you're having a few glasses of wine with some girlfriends or want something different for a great lunch or appetizer, get yourself some fresh salmon and get mixin', because we're mixing it up today.

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Yield: 8 servings

Ingredients for the Crostinis

- 1 french baguette, sliced thin (1/4-1/2 inch)
- 1/4 cup of extra virgin olive oil
- 2 cloves of minced garlic
- 1/4 cup of chopped parsley
- 2 tablespoons of Italian Seasoning

Directions for the Crostinis

- Mix all ingredients except the bread in a mixing bowl
- Preheat your oven to 375 degrees
- Baste each side of the slices of bread with the basting mixture
- Bake for 5-7 minutes and flip, checking for doneness, they should be golden brown and crispy

Ingredients for the Salmon Salad

- 2 ½ pounds of fresh salmon from the seafood counter at your local market
- Cooking spray
- 1/4 cup coarsely chopped fresh parsley
- 1/4 cup finely chopped fresh dill
- 1/4 cup coarsely chopped green onion
- 1/4 cup mayonnaise
- 3 cloves of freshly crushed garlic
- Dash of salt and pepper to taste
- 2 teaspoons of freshly squeezed lemon juice
- 1/2 teaspoon of smoked paprika
- 1/2 teaspoon of cayenne pepper

Directions for the Salmon Salad

- Spray cooking spray onto a baking sheet
- Lay the salmon, skin-side down on the baking sheet, and bake at 375 degrees until just cooked through, for 10-12 minutes
- In a large mixing bowl, flake the salmon into the bowl being careful to discard the skin and grey flesh under the skin
- Place the cooked salmon into the fridge for at least a half hour to chill
- Mix the rest of the ingredients into a separate, smaller mixing bowl, making the dressing for the salad
- Once the salmon has chilled, mix the dressing into the salmon, and stir evenly
- Let sit and chill for at least 30 minutes
- Serve with crostinis and friends

