

Alaskan Salmon Havarti Caesar Salad

Serves: 4

Prep Time: 10

Ingredients:

4 Alaska Salmon steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen
2 Tablespoons olive, canola, peanut or grapeseed oil
Seafood seasoning, to taste
4 Havarti cheese deli slices (approximately 2 oz. each)
2 light Caesar salad kits (7 to 8 oz. each)
Fresh dill, for garnish

Directions:

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over and sprinkle with seafood seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 3 to 6 minutes for frozen salmon OR 1 to 2 minutes for fresh/thawed fish. Cook just until fish is nearly opaque throughout. Add Havarti slices to top of salmon portions; cover. Turn heat to low and cook for 1 to 2 minutes until cheese begins to melt. Remove from heat; keep warm.

Prepare Caesar salad according to package directions. Portion salad onto 4 serving plates. Top each salad with salmon fillet; garnish with dill.

Variation: Substitute Pepper Jack cheese for Havarti cheese slices.

Nutrients per serving: 601 calories, 41g total fat, 16g saturated fat, 65% calories from fat, 176mg cholesterol, 43g protein, 7g carbohydrate, 0g fiber, 889mg sodium, 319mg calcium and 1.6g omega-3 fatty acids.

