

## *Pink Salmon & Quinoa Baby Kale Salad*

Serves: 4

### *Salad Ingredients*

- ½ cup uncooked quinoa
- 1 lemon, zested
- 2 cans [Crown Prince Natural Skinless & Boneless Alaskan Pink Salmon](#), drained and flaked
- 1 small English cucumber, sliced
- ¼ small red onion, thinly sliced
- 1 cup halved grape or cherry tomatoes
- 1 large red radish, thinly sliced
- 5 oz. container baby kale mix
- 5 oz. container wild arugula
- ½ cup toasted sliced almonds
- ½ cup herb and garlic balsamic vinaigrette, see below
- 1 cup garlic chips, optional (see notes)

### *Vinaigrette Ingredients*

- ½ tsp minced fresh thyme
- ½ tsp minced fresh rosemary
- 1 clove garlic, minced
- 1/3 cup balsamic vinegar
- 1/8 cup extra virgin olive oil
- kosher salt and black pepper, to taste

Combine all vinaigrette ingredients and whisk well. To make this vinaigrette even easier, place all ingredients into a mason jar, tighten the lid, and shake well. You can double or triple the recipe, store it in the refrigerator, and just shake the jar whenever you need it. Vinaigrette can be stored in the refrigerator up to seven days.



### *Directions*

Place quinoa and ¾ cup of water in a small pot and place on high heat. Bring to a boil, reduce to a simmer, cover with lid and allow it to cook for 20 minutes, or until all the liquid has been absorbed by the quinoa. Turn off the heat and keep covered for another 5-10 minutes. Stir in lemon zest and transfer to a small sheet pan or plate to allow the quinoa to cool completely. Set aside.

In a large mixing bowl, combine all ingredients (except for the garlic chips) and mix well. Evenly divide salad into four portions and top each salad with garlic chips.

### *Notes*

Garlic chips can be made by thinly slicing garlic. The easiest way to thinly slice the garlic is using a Japanese mandoline. Soak the thinly sliced garlic in milk for at least 1 hour. Soaking the garlic in milk mellows out the strong garlic flavor. Drain the garlic and place on paper towels to dry them before frying. Place about 1 cup of a neutral flavored oil such as vegetable or soybean oil in a small fry pan over medium heat. The oil should not be hotter than 320°F. Fry the garlic chips in batches and remove them from the oil once they turn a light brown. This is a quick process; don't walk away from the pan. Remove the garlic and drain them on paper towels. Allow them to cool completely before using. Garlic chips can be stored in an airtight container for up to 3 days.

\*This salad pairs well with a Rosé or Pinot Grigio.