

LAYERED SALMON SALAD WITH GOAT CHEESE & AVOCADO DRESSING

INGREDIENTS FOR SALAD

- 4 C Lettuce (your choice of boston, romaine, butterhead, iceberg or kale) (shredded)
- 2 C Salmon (cooked) (shredded)
- 2 T Capers
- 1/2 C Onion (red)
- 2 C Tomato (fresh) (chopped)
- 1/2 C Olives (black) (chopped) (optional)
- 4 oz Goat cheese (crumbled)
- 1/4 C Pine nuts (toasted)
- Salt & pepper



INGREDIENTS FOR DRESSING

- 2 Avocados (peeled) (pitted)
- 3/4 c Yogurt (plain) (dairy) **OR** Coconut Milk Yogurt (pareve)
- 3 t Lime juice (fresh)
- 1 clove Garlic (minced)
- Dash Cumin (ground)
- Salt & pepper (as needed)



DIRECTIONS

- 1 In a deep 3 or 4 qt glass bowl, layer salad ingredients in order from lettuce to pine nuts
- 2 Sprinkle with salt & pepper & set aside
- 3 In a food processor, purée avocados until smooth
- 4 Add yogurt, lime juice, garlic, salt & cumin
- 5 Blend just 2 or 3 turns to mix
- 6 Add salt & pepper as needed
- 7 Spread over top of salad
- 8 Cover & chill for several hours or overnight
- 9 If desired, you can toss the salad before serving



NOTES

Serves 6

