

Smoked Salmon Turrets With Honey-Orange Dressing

Makes 4 servings.

1 tablespoon honey	mixed red, green and yellow
1 tablespoon orange juice	1 tomato, seeded and chopped
1 tablespoon white wine vinegar	1 orange segment, chopped
3 tablespoons olive oil	5 ounces mixed salad greens
Salt and freshly ground pepper	8 slices oak-smoked Irish
1/4 cup chopped sweet peppers,	salmon

1. For the dressing, in a small bowl, whisk together the honey, orange juice, vinegar, olive oil, salt and pepper to taste. Stir in the peppers, tomato and orange.

2. Place the salad greens in bowl and toss with half of the dressing. Place some of the greens in the center of each slice of salmon. Roll the salmon around the greens and stand it upright to form a "turret."

3. Serve 2 salmon slices per person with remaining dressing drizzled around the plate for garnish.

Per serving: 153 calories, 7 grams protein, 9 grams carbohydrates, 7 grams sugar, 10 grams fat, 8 milligrams cholesterol, 419 milligrams sodium, 1 gram dietary fiber.



Irish Sea Fisheries Board
Salmon "turrets," with mixed greens, honey-orange dressing.