

Smoked Salmon & White Bean Salad

I have been on a quest for some lunches that are low calories, satisfying and delicious – not an easy task! I read about the great value of salmon in our diet (high in omega 3 fatty acids, high in vitamin B12 and D, less risk of contaminants, low calorie, and the list goes on). Well, all this led me to purchase a package of salmon. Now, what to do that is different? Here is one of two ideas I put together. The first:



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What you need:

- 1 cup smoked salmon (not lox) – about 4 oz., cut into small pieces
- $\frac{1}{2}$ cup chopped sweet red pepper
- $\frac{1}{2}$ cup chopped onion
- 4 Tablespoons shredded parmesan (not the stuff in the can)
- 1 14-oz can cannellini beans (white beans)
- 2 teaspoons red wine vinegar
- 4 cups torn red leaf lettuce leaves
- Balsamic reduction (see recipe below)

How to Do it:

Mix the first 6 ingredients together, cover and refrigerate overnight.



To serve, place shredded lettuce on a plate. Top with $\frac{1}{4}$ of the bean mixture. Sprinkle balsamic reduction across the top – serve.



Serves 4

Balsamic Reduction:

Simmer 1 cup of balsamic vinegar with 2 Tablespoons granulated sugar, stirring constantly. Continue simmer for about 5 minutes or until it becomes a thick syrup. Allow to cool and store in the refrigerator.

Use on salads, chicken, fish and more! I even like it on strawberries.

I double this recipe and put it in one of those plastic squeeze bears that honey comes in. It's in my refrigerator all the time.

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Below are some of the items we used to create this recipe!

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