



Roasted Onion and Arugula Salad with Chipotle Salmon

GF
option

INGREDIENTS

2 large red onions
2 tbsp Gustare Vita extra virgin olive oil, divided
1 tsp Kosher salt, divided
¼ tsp Hy-Vee freshly ground black pepper
2 (4- to 6-oz.) Hy-Vee Fish Market skinless Atlantic salmon fillets, about ¾ in. thick
1 tbsp fresh lime juice
¼ tsp ground chipotle chile powder
⅓ cup Hy-Vee chopped walnuts
3 tbsp Gustare Vita red wine vinegar
1 Red Fresno chile pepper, seeded and finely chopped
1 clove(s) garlic, finely minced
1 ½ cups fresh arugula, loosely packed
½ cup English cucumber, thinly sliced

PREPARATION

- 1** Preheat oven to 425°. Cut each onion into 3 (¾-inch-thick) slices. Line a 15×10-in. rimmed baking pan with foil. Arrange onion slices in prepared pan. Brush tops of onion slices with 1 tablespoon olive oil. Sprinkle with ½ teaspoon salt and pepper. Roast for 30 minutes.
- 2** Pat salmon dry with paper towels. Place in baking pan with onions, tucking under thin edges of salmon if necessary. Brush salmon with lime juice; sprinkle with chipotle powder and ¼ teaspoon salt. Roast for 6 to 9 minutes or until salmon flakes easily with a fork (145°) and onions begin to brown.
- 3** Combine walnuts, vinegar, Fresno chile, remaining 1 tablespoon olive oil, garlic, and remaining ¼ teaspoon salt in a small bowl; set aside.
- 4** Combine arugula and cucumber in a large bowl. Add about half the walnut mixture and all of its liquid; toss until combined.
- 5** To serve, arrange arugula mixture and onion slices on a large serving platter. Flake salmon into large pieces; arrange on salad. Spoon remaining walnut mixture on top.

NUTRITION FACTS

Calories: 570
Total Fat: 42g
Saturated Fat: 7g
Trans Fat: 0g
Cholesterol: 60mg

Sodium: 1050mg
Carbohydrates: 21g
Fiber: 22g
Sugar: 9g
Protein: 29g