



Miso Salmon and Roasted Vegetable Salad

GF
option

INGREDIENTS

1 (10-oz.) sweet potato, peeled; cut into 1-in. cubes
2 cups trimmed and quartered red radishes
6 tbsp Gustare Vita extra virgin olive oil, divided
½ tsp kosher salt, divided
¼ cup sweet white miso paste
¼ cup seasoned rice vinegar
¼ cup Hy-Vee refrigerated 100% orange juice
1 tbsp grated gingerroot
1 tsp Hy-Vee toasted sesame oil
6 cups trimmed and coarsely chopped lacinato kale
1 (1-lb.) Fish Market Alaska Coho salmon fillet
2 mandarin oranges, peeled and separated into segments
1 tsp black sesame seeds, for garnish

PREPARATION

- 1 Preheat oven to 425°. Line a large rimmed baking pan with foil; spray with nonstick spray.
- 2 Combine sweet potato cubes and radishes in a large bowl. Drizzle with 1 Tbsp. olive oil; sprinkle with ¼ tsp. salt. Toss to coat. Transfer to a prepared baking pan. Roast for 10 to 12 minutes or until crisp-tender.
- 3 Meanwhile, for dressing, whisk together 4 Tbsp. olive oil, miso paste, rice vinegar, orange juice, gingerroot and sesame oil in a small bowl; set aside.
- 4 Place kale in a medium bowl. Drizzle with remaining 1 Tbsp. olive oil; sprinkle with remaining ¼ tsp. salt. Gently massage kale with fingertips until kale is dark green and tender; set aside.
- 5 Push roasted vegetables toward the edges of the baking pan. Place salmon, skin side down, in center of the pan. Brush salmon with ½ cup dressing. Roast for 7 to 9 minutes or until salmon flakes easily with a fork (145 degrees) and vegetables are fork-tender.
- 6 Remove and discard skin from salmon; flake salmon into 1½-in. pieces. Arrange kale and roasted vegetables on a serving platter. Top with salmon and orange segments. Drizzle with remaining dressing. Garnish with sesame seeds, if desired.

NUTRITION FACTS

Calories: 480
Total Fat: 26g
Saturated Fat: 4g
Trans Fat: 0g
Cholesterol: 55mg

Sodium: 1130mg
Carbohydrates: 36g
Fiber: 8g
Sugar: 17g
Protein: 29g