

Healthful Eating

Blueberries and Vinaigrette Make Salmon Salad Sparkle



Blueberries and marinated onion co-star with grilled salmon.

(NAPSA)—Bright colors and cool flavors come together in this easy main-dish salad. Salmon and Blueberry Salad with Red Onion Vinaigrette is a palette of colors from juicy blueberries, grilled salmon, bright greens and red onion marinated in ruby red, full-bodied Regina® red wine vinegar.

The vinaigrette in this recipe has much less oil than most. The smooth taste of the red wine vinegar gives the salad just the right amount of tang.

Scatter on plenty of blueberries for color and flavor as well as a nutrition boost from health-promoting antioxidants.

Learn more about blueberries and download recipes at www.usdbc.org. For more recipes from Regina Red Wine Vinegar, go to www.reginavinegar.com.

SALMON AND BLUEBERRY SALAD WITH RED ONION VINAIGRETTE

- 1 medium-sized red onion, thinly sliced in half rings**
- ¼ cup Regina red wine vinegar**
- 1 teaspoon sugar**
- 1 teaspoon salt, divided**
- ¼ teaspoon ground black pepper, divided**

- 3 tablespoons olive oil, divided**
- 1½ pounds salmon fillet, cut crosswise in 4 portions**
- 6 cups lettuce leaves in bite-sized pieces**
- 1 cup fresh blueberries**

In a microwaveable cup, combine onion, red wine vinegar, sugar, ½ teaspoon of the salt and ¼ teaspoon of the pepper; cover loosely with plastic wrap; microwave on high power for 1 minute. Let stand, stirring occasionally, until onions turn pink, about 15 minutes. Meanwhile, preheat grill or broiler. Brush 1 tablespoon of the olive oil on both sides of the salmon fillets; sprinkle with remaining ½ teaspoon salt and ¼ teaspoon pepper. Grill or broil salmon, skin side down, until just cooked through, about 6 minutes. Divide lettuce leaves among 4 dinner plates; place salmon in the center. With a slotted spoon, remove onions from vinegar; scatter onions, along with the blueberries, over and around the fish. Whisk remaining 2 tablespoons of the olive oil into the vinegar mixture; drizzle vinaigrette over salmon.

YIELD: 4 portions