

Smoked Salmon Salad Nicoise



This twist on a classic salade Niçoise uses smoked salmon in place of tuna and adds extra vegetables in place of hard-boiled eggs and olives. Lovely served as an untraditional brunch, special weekend lunch or light supper. Rather than using belly or nova lox, look for Scottish smoked salmon—it's particularly lean and more flavorful.

8 ounces small red potatoes, scrubbed and halved
6 ounces green beans, preferably thin haricots verts, trimmed and halved
2 tablespoons reduced-fat mayonnaise
1 tablespoon white-wine vinegar
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
1/2 teaspoon dried dill
1/4 teaspoon freshly ground pepper
6 cups mixed salad greens
1/2 small cucumber, halved, seeded and thinly sliced
12 small cherry or grape tomatoes, halved
4 ounces smoked salmon, cut into 2-inch pieces

Place a large bowl of ice water next to the stove. Bring 1 inch of water to a boil in a large saucepan. Place potatoes in a steamer basket over the boiling water, cover and steam until tender when pierced with a fork, 10 to 15 minutes. Transfer the potatoes with a slotted spoon to the ice water. Add green beans to the steamer, cover and steam until tender-crisp, 4 to 5 minutes. Transfer the green beans with a slotted spoon to the ice water. Transfer the potatoes and beans to a towel-lined baking sheet to drain.

Meanwhile, whisk mayonnaise, vinegar, lemon juice, Worcestershire sauce, mustard, dill and pepper in a large bowl. Add the potatoes and green beans, salad greens, cucumber and tomatoes; toss gently to coat.

Divide the salad and smoked salmon between 2 plates.

Nutrition Information

Nutritional Analysis Per serving

Carbohydrate Servings 2 1/2

Protein 19 g

Saturated Fat 1 g

Monounsaturated Fat 2 g

Sodium 651 mg

Calories 291

Carbohydrates 40 g

Fat 7 g

Cholesterol 17 g

Dietary Fiber 9 g

Potassium 1092 mg