

Lent...

Seared Salmon with Apple Slaw

Servings: 4

- 4 portions boneless salmon
- 4 tablespoons Asian-style barbecue sauce
- 2 Envy Apples, cored and sliced into matchsticks or julienned
- 1 cup sliced or shredded red cabbage
- 1 cup sliced or shredded white cabbage
- 1 celery stick, finely sliced
- 1/2 red onion, finely sliced
- 1/4 cup mayonnaise
- 1 tablespoon chopped fresh herbs such as dill, parsley or cilantro
- 1 lime, juice and zest only
- 1 tablespoon toasted white sesame seeds, plus additional for garnish
- 1 teaspoon black sesame seeds, plus additional for garnish

Preheat oven to 375 F using grill or broil setting and line baking tray with cooking paper.

Arrange salmon portions on paper and spread barbecue sauce over each portion.

Bake 5-8 minutes, depending on thickness and size, or until just cooked in center and caramelized on top.

In bowl, combine sliced apple

sticks, cabbage, celery and red onion slices; toss lightly.

In separate bowl, whisk mayonnaise, herbs, lime juice and lime zest.

Fold dressing and sesame seeds into slaw and toss together.

Divide apple slaw between serving plates and top with glazed salmon. Sprinkle with extra sesame seeds.



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