

Ingredients

- Smoked Salmon: 8 ounces (thinly sliced)
- Mixed Greens: 6 cups (arugula, baby spinach, or spring mix)
- Cucumbers: 1 medium, thinly sliced
- Cherry Tomatoes: 1 cup, halved
- Red Onion: 1 small, thinly sliced
- Avocado: 1 large, sliced or cubed
- Crumbled Cheese (Feta or Goat): ½ cup
- Olives (Kalamata or Green): ½ cup, pitted and sliced
- Capers: 2 tablespoons, rinsed and drained
- Fresh Dill: 2 tablespoons, chopped
- Toasted Seeds (Pumpkin or Sesame): 2 tablespoons

Dressing:

- Extra Virgin Olive Oil: 4 tablespoons
- Fresh Lemon Juice: 2 tablespoons
- Dijon Mustard: 1 teaspoon
- Honey: 1 teaspoon (optional)
- Shallots: 1 small, minced
- Salt and Pepper: To taste

Directions

Step 1

In a large salad bowl, spread the mixed greens evenly as the base.

Step 2

Layer the sliced cucumbers, cherry tomatoes, red onions, and avocado over the greens.

Step 3

Tear or slice the smoked salmon into bite-sized pieces and arrange it over the vegetables. Sprinkle the crumbled feta or goat cheese on top.

Step 4

Scatter the sliced olives, capers, fresh dill, and toasted seeds over the salad for extra flavor and texture.

Step 5

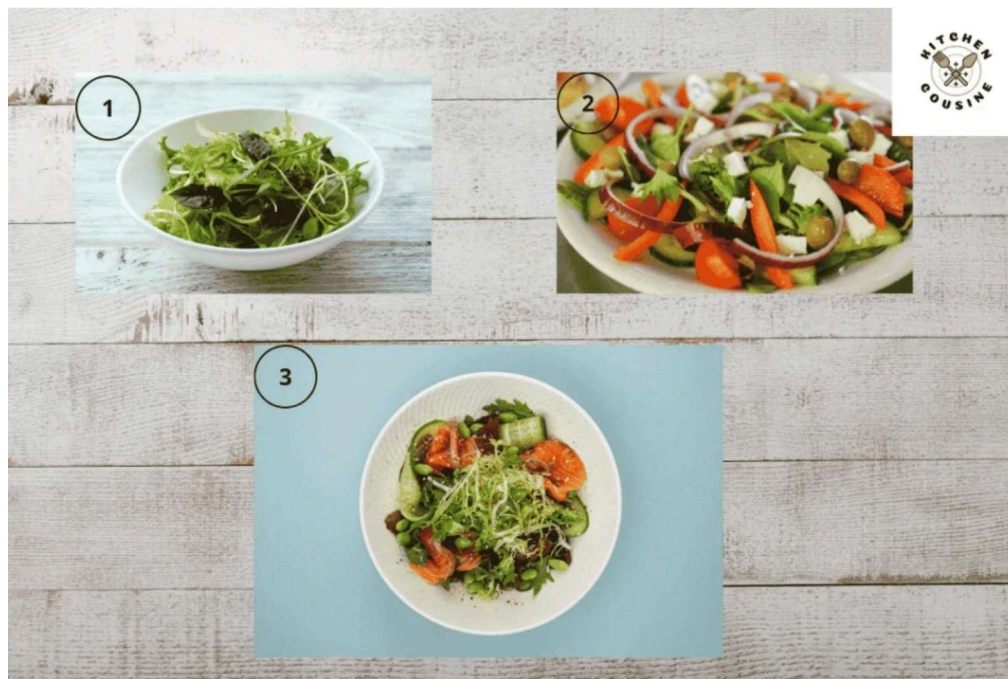
In a small mixing bowl or jar, combine the olive oil, fresh lemon juice, Dijon mustard, honey (if using), minced shallots, and a pinch of salt and pepper. Whisk or shake well until emulsified.

Step 6

Drizzle the dressing evenly over the salad. Toss gently to coat all the ingredients or leave it undressed for guests to add as desired.

Step 7

Divide the salad into individual bowls or serve it family-style.



Serving Ideas

Pair it with a warm soup like Hawaiian Beef Stew (<https://kitchencousine.com/hawaiian-beef-stew/>) or potato leek soup, and add breadsticks or crackers on the side for a cozy meal.

Recipe Tip 🌶️

Use high-quality smoked salmon and let it reach room temperature to enhance its flavor and texture. Don't mix the dressing with the salad until just before serving to keep the greens fresh. If preparing in advance, store the dressing and salad separately.

Nutrition Facts	
Amount per serving	
Calories	350

		% Daily Value*
Total Fat	26 g	36.11%
Saturated Fat	6 g	30%
Polyunsaturated Fat	3 g	
Monounsaturated Fat	14 g	
Cholesterol	45 mg	15%
Sodium	850 mg	36.96%
Total Carbohydrate	12 g	4.36%
Dietary Fiber	5 g	17.86%
Total Sugars	4 g	
Protein	20 g	40%
Calcium	200 mg	15.38%
Iron	1.8 mg	10%
Potassium	600 mg	12.77%
Vitamin A	750 mcg	83.33%
Vitamin C (Ascorbic Acid)	45 mg	50%

Frequently Asked Questions

— How many calories in a smoked salmon salad?

The calorie count in a smoked salmon salad can vary based on the ingredients and portion sizes used. In the recipe mentioned above, each serving contains approximately 350 calories. This includes smoked salmon, mixed greens, vegetables, avocado, olives, cheese, and a light vinaigrette dressing. The calorie count may increase if you alter the ingredients, for example, by adding more cheese or dressing.

+ Can I make smoked salmon salad ahead of time?

+ What can I substitute for smoked salmon?

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