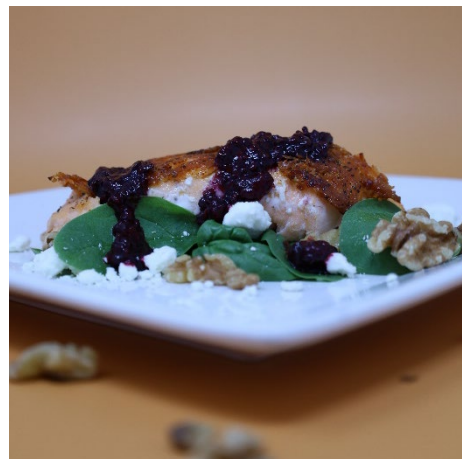


## Blackberry Salmon Salad

4 servings

Many Native tribes along the Pacific Coast have eaten salmon, blackberries, and black walnuts as traditional foods since time immemorial.

- 2 cups frozen blackberries or fresh blackberries, gently rubbed under cold running water
- 3 Tablespoons balsamic vinegar
- 1½ Tablespoons maple syrup
- 1 Tablespoon vegetable oil
- 4 (4 ounce) wild salmon filets
- 4 cups spinach, gently rubbed under cold running water
- ¼ teaspoon salt (optional)
- ¾ teaspoon black pepper (optional)
- ½ cup feta cheese, crumbled
- ½ cup walnuts, chopped



1. Wash hands with soap and water.
2. In a small pot, add blackberries, balsamic vinegar, and maple syrup and warm over medium heat. Mash blackberries as they become heated.
3. Simmer blackberry sauce for 15 minutes and remove from heat. Sauce will thicken as it cools.
4. Pat salmon filets dry and season with salt and pepper if desired.
5. Wash your hands with soap and water after handling uncooked salmon.
6. In a large skillet, heat oil over medium heat.
7. Add salmon filets and cook uncovered for 7-10 minutes, turning one time. Salmon is cooked when it flakes easily and has reached an internal temperature of 145° F as measured with a food thermometer.
8. Serve salmon warm on top of ¼ cup of spinach, topped with feta cheese, walnuts, and blackberry sauce.
9. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information: Serving Size (1/4 of recipe):** Calories 510, Total Fat 32g, Saturated Fat 7g, Cholesterol 75mg, Sodium 450mg, Total Carbohydrate 24g, Dietary Fiber 6g, Sugars 15g, includes 5g Added Sugars, Protein 29g, Calcium 15%, Iron 10%, Potassium 15%

Recipe Source: Leah's Pantry, eatFresh.org