

# Salmon and Blueberry Salad with Red Onion Vinaigrette



Servings: 4

## INGREDIENTS

- 1 medium-sized red onion, thinly sliced in half rings
- 1/4 cup Regina red wine vinegar
- 1 teaspoon sugar
- 1 teaspoon salt, divided
- 1/4 teaspoon ground black pepper, divided
- 3 tablespoons olive oil, divided
- 1-1/2 pounds salmon fillet, cut crosswise in 4 portions
- 6 cups lettuce leaves in bite-sized pieces
- 1 cup fresh blueberries

## INSTRUCTIONS

- 1 In a microwavable cup, combine onion, red wine vinegar, sugar, 1/2 teaspoon of salt and 1/8 teaspoon of pepper; cover loosely with plastic wrap; microwave on high power for 1 minute.
- 2 Let stand, stirring occasionally, until onions turn pink, about 15 minutes.
- 3 Meanwhile, preheat grill or broiler. Brush 1 tablespoon of the olive oil on both sides of the salmon fillets; sprinkle with remaining 1/2 teaspoon salt and 1/8 teaspoon pepper.
- 4 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.
- 5 With a slotted spoon, remove onions from vinegar; scatter onions, along with the blueberries, over and around the fish.
- 6 Whisk remaining 2 tablespoons of the olive oil into the vinegar mixture; drizzle vinaigrette over salmon.



Grab a  
boost of  
**blue**