

Low Sugar Spreadable Fruit and Relish

- Forest Berries • Wild Blues • Massachusetts Rubies • Pear Lime Limbo
- Mango Sunshine • Peach Melba • Fig Ginger • Hot, Hot Peach
- Tango Passion • Apricot Joy • Cherry Bliss
- Sweet Pepper Relish • Green Tomato Relish

Warmed Salmon and Red Pepper Relish Salad

Preparation Time:

10 minutes prior, 5 minutes to plate and garnish

Cooking Time: approximately 4 minutes

Serves: 4 adults

Ingredients

1/2 Cup Red Pepper Relish from Deborah's Spreadable Relish

4 Tbsp Olive oil

Salt and pepper

8 oz Smoked Salmon*, cut in strips

4 oz Fresh Green Beans, blanched

4 oz Fresh Carrots, blanched

4 oz Fresh Snow Peas, blanched

4 oz canned Water Chestnuts, sliced

2 Tbsp Sherry vinegar or

Cider vinegar

4 oz Salad Greens

Garnish

Dollop of Sour Cream or Greek Yogurt

Dill Sprig

*can substitute Smoked: Trout, Turkey, Venison, Duck

Method

- Wash and place green beans, carrots and snow peas in steamer over boiling water. Blanch for 2 minutes.
- Remove and immediately cool blanched vegetables in bowl of cold water.
- Drain green beans, carrots and snow peas
- Thinly slice Water Chestnuts
- In a bowl, add green salad, green beans, carrots, snow peas and water chestnuts.
- Add olive oil and sherry vinegar and toss
- Drain and place in center of serving plate
- Lay strips of smoked salmon diagonally over salad and vegetables.
- Heat Red Pepper Relish over medium heat for 1-2 minutes to warm.
- Remove from heat, drizzle Red Pepper Relish over salad top.
- Garnish and serve immediately