

Blackened Salmon with Avocado Oil Ranch

I eat a lot of salads for dinner, especially when the weather warms up and veggies are fresh. It's an easy way to load up on vegetables without having to spend a lot of time cooking.

Most of my dinner salads start with a base of Romaine and shredded kale. From there, I add whatever I have on hand, usually cherry tomatoes, cucumbers, and bell peppers. And I always without fail make my own salad dressing. It's so easy, and it always tastes way better than anything in a bottle.

This salad is one of my favorites, and it's one we eat quite often. The giant bowl of salad is gets crunch from tortilla strips, has a bit of cheddar cheese, and then is topped with a pan seared blackened piece of salmon.

The dressing is amazing, and so easy to make. It's a creamy buttermilk dressing loaded with herbs and thickened with sour cream. It has some mayo, but I've replaced half of the mayo with Ava Jane's Kitchen extra-virgin avocado oil, and the results could not be better. The oil just plays so well with the herb flavor.

Another thing that makes this salad — or any salad — so great is to sprinkle with Colima Sea Salt before tossing. It's such an odd thing to not season salad vegetables when we season everything else, but if you've never done it, try it and be amazed.

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Serves 2

Ingredients:

Dressing:

- 2 tablespoons chopped parsley
- 2 tablespoons chopped dill
- 2 tablespoons chopped chives
- 1 clove garlic
- 2 tablespoons sour cream
- 1 tablespoon mayonnaise
- 1 tablespoon Ava Jane's Kitchen extra-virgin avocado oil
- 1 tablespoon lemon juice
- 1/2 cup buttermilk

Salad:

- 1 heart Romaine, shredded
- 1 bunch kale, chopped

1 bell pepper, diced
1/2 small cucumber, sliced
1/4 cup corn kernels
10 cherry tomatoes, halved
1/4 cup tortilla strips or broken tortilla chips
1/4 cup shredded cheddar cheese
Colima Sea Salt

Salmon:

1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon paprika
1/2 teaspoon cayenne pepper
1/4 teaspoon sea salt
1/4 teaspoon black pepper
2 salmon filets
2-3 tablespoons Ava Jane's Kitchen extra-virgin avocado oil

Directions:

Put all of the dressing ingredients in a blender and blend until smooth. Season to taste with salt and pepper and set aside.

Put all of the salad ingredients in a large bowl and toss. Add a pinch of Colima Sea Salt.

To make the salmon, heat a heavy skillet (preferably cast iron) over medium high heat. Combine the seasonings in a small bowl and coat the salmon filets.

When the skillet is hot, add enough oil to coat the bottom. Add the fish filets, and cook until they lift easily with a spatula. Continue cooking until fish is blackened, and cooked to your liking.

Before serving, toss the salad with the dressing. Divide between two plates and top with a salmon filet.