

Salmon Bruschetta with Kale Slaw

A bold and flavorful bite featuring seared salmon, zesty kale slaw, and a touch of creamy tang-all atop a toasted baguette slice.

Ingredients

For the Salmon

- 1 oz salmon (boneless, skinless)
- 1 tsp minced garlic
- 1 sprig fresh rosemary
- 2 tbsp butter
- 2 tbsp avocado oil
- Garlic powder, onion powder, pepper, Ms. Dash, and Accent to taste

For the Kale Slaw

- 2 tbsp finely chopped kale
- 2 tbsp mayo
- 1 tsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tbsp lemon juice
- Celery seed to taste

For Assembly

- 1 slice French baguette (toasted)
- 1 tsp grated parmesan cheese
- Microgreens for garnish

Instructions

1. Prepare the Kale Slaw: In a bowl, combine chopped kale, mayo, apple cider vinegar, Dijon mustard, lemon juice, and a pinch of celery seed. Mix until creamy and well combined. Set aside to chill.
2. Cook the Salmon: Season the salmon with garlic powder, onion powder, pepper, Ms. Dash, and Accent to taste. In a small pan, heat avocado oil and butter over medium heat. Add rosemary sprig and minced garlic. Sear the salmon until golden on the outside and just cooked through. Remove from heat and set aside.
3. Toast the Baguette: Lightly toast your baguette slice in a skillet or toaster oven until crisp and golden.
4. Assemble the Bruschetta: Spread a spoonful of kale slaw on the toasted baguette. Top with the seared salmon. Sprinkle with parmesan cheese and garnish with fresh microgreens.