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QUICKIE SALMON BLT SALAD

For each person:

- **2 strips bacon**
- **1 4-oz. salmon fillet, about 1/2-inch thick**
- **3 tbsp. favorite salad dressing (Caesar or honey-Dijon are good)**
- **2 cups torn lettuce**
- **Salt, pepper**
- **1/2 of a ripe, medium size tomato, cubed, or 6 grape tomatoes**
- **5 almonds**

Cut bacon strips in halves and place on a microwave-safe plate lined with one paper towel. Cover with a double thickness of paper towels and microwave on high power for 2 minutes. Let stand for a few minutes until crisp.

Meanwhile, heat a tabletop grill such as a George Foreman until hot. Blot salmon dry with paper towel. Brush the salmon on both sides with one tablespoon of the dressing. Place on the grill and close the lid. Cook for 3 minutes (or 2 minutes if you like the fish slightly undercooked, as I do).

While salmon cooks, place lettuce in a bowl and toss with the remaining dressing. Season to taste with salt and pepper. Sprinkle the diced tomato and almonds over salad. Crumbled the bacon and scatter over salad.

When salmon is done, remove from grill with a spatula, leaving behind any skin, and place fillet on top of salad. Makes 1 serving.