

# SEARED SALMON WITH GREAT NORTHERN WHITE BEANS, BUTTERNUT SQUASH AND WINTER GREENS WITH CITRUS GREEN TEA DRESSING

*Yield: 8 Portions*

Ingredients	Amounts
<i>Citrus Green Tree Dressing</i>	
Green tea	½ cup
Corn starch	½ Tbsp.
Water	3 Tbsp.
Ginger, chopped	1 tsp.
Orange juice	2 Tbsp.
Lime, zest and juice of	1 ea.
Rice wine vinegar	½ cup
Sugar	½ tsp.
Mayonnaise	3 Tbsp.
Green onion, chopped	2 Tbsp.
Mint leaves	8 ea.
Basil leaves	8 ea.
Cilantro, chopped	¼ cup
Soy bean oil	2-4 Tbsp.
Ground black pepper	¼ tsp.
Salt	as needed
 <i>Salad</i>	
Great Northern White Beans, cooked, drained	3 cups
Winter greens such as arugula, kale, chicory, escarole	2 cups
Butternut squash, diced and roasted	2 cups
Orange segments	2 cups
Lemon segments	½ cup
Red onions, sliced thin and soaked in cold water	1 cup
Parsley, chopped	½ cup
Dill, chopped	¼ cup
Mint leaves	½ cup
Salt	as needed
Ground black pepper	as needed
 <i>Salmon</i>	
Salmon, skinned, cut in 4oz portions	8 ea.
Salt	as needed
Ground black pepper	as needed

Lemon zest	2 tsp.
Orange zest	2 tsp.
Olive oil	1 oz.
Canola oil	1 oz.
Micro greens	as needed

### Method

1. *For the Salad Dressing:* Bring the green tea to a boil.
2. Dissolve the corn starch in 3 tablespoons of water, and whisk in the starch with the tea to thicken; remove from heat and chill.
3. Add the green tea, ginger, orange juice, lime juice and juice, rice vinegar, sugar, mayonnaise, green onions, mint, basil, and cilantro into a blender and purée. Drizzle in soy bean oil as needed to make a smooth puree. Season with black pepper and salt. Set aside.
4. *For the Salad:* In a large mixing bowl, combine the Great Northern White Beans, greens, roasted butternut squash, orange and lemon segments, red onions, parsley, dill and mint.
5. Season to taste with salt and pepper, and toss the salad with the citrus green tea dressing.
6. *For the Salmon:* Season the salmon with salt and pepper. Let rest for 10 minutes. Combine the lemon and orange zest with the olive oil. Rub all over the salmon.
7. Heat the canola oil in a sauté pan over medium high heat. Sear the salmon on both sides until just cooked through. Let rest for 5 minutes.
8. *To Serve:* Place about a cup of salad on the plate, then top with a piece of seared salmon. Drizzle more dressing over the salmon and garnish with micro greens.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Northarvest Bean Growers Association. All rights reserved.