

Smoked Trout and Beet Salad

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A unique and delicious salad that combines the sweetness of beets, the delicate flavors of wild trout, and crispy, tender cucumbers. A creamy and zesty salad dressing makes this salad a complete and memorable meal; smooth yogurt and buttermilk are combined with vinegar, garlic and spices for a unique and delicious dressing that makes this trout salad memorable. Serve with a glass of wine and crunchy baguette for a wonderful end to any day.

Ingredients:

For Salad:

- 1 large head romaine lettuce
- 1 lb shredded baby spinach
- 2-3 large smoked trout fillets, shredded
- 2 cucumbers, peeled and julienned
- 3-4 red beets, roasted, peeled and sliced

For Dressing:

- 1 c. mayonnaise
- ½ c. buttermilk
- ½ c. sour cream
- ½ c. plain yogurt
- ¼ c. parsley, minced
- 2 Tbsp chives, minced
- 1 Tbsp tarragon leaves, minced
- 1 Tbsp white wine vinegar
- 2 Tbsp garlic, minced
- 2 Tbsp lime juice
- ½ tsp black pepper
- ½ tsp salt

Directions:

1. Preheat oven to 350 degrees F.
2. In large, shallow bowl assemble salad as follows. Place lettuce and spinach in bowl and top with trout, cucumbers and beets. Set aside.
3. In small bowl whisk together all dressing ingredients, and whisk until smooth and creamy. Drizzle over salad and serve cold.

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