



What's Cooking?

Episode: Photosynthesis

Chili Rubbed Salmon Salad

Serves 2

Ingredients

2 salmon filets, 4-6 ounces each

For the marinade

2 teaspoons chili powder

2 tablespoons olive oil

¼ teaspoon salt

¼ teaspoon pepper

For the salad dressing

3 tablespoons prepared mild salsa

½ lime, juiced

½ cup light sour cream

Salt and pepper to taste

For the salad

1 head of Romaine lettuce (or a variety of lettuces), separated into leaves and washed

1 red bell pepper, seeded and diced

½ red onion, diced

1 cup fresh corn

10 cherry tomatoes, halved

Directions

Combine all ingredients for marinade in a bowl. Add the salmon filets and gently toss to coat evenly. Cover and marinate in fridge for 20-30 minutes.

Heat a grill pan, or skillet over high heat. Make sure the surface is hot before adding the salmon (you should hear a sizzling sound when the fish hits the pan). Sear salmon for 4-5 minutes on each side to desired doneness. Remove from pan and set aside.

To assemble the salad, layer the lettuce leaves on the bottom and add the peppers, onions, corn, and tomatoes. Place salmon on top. Mix all dressing ingredients in a separate bowl and serve on the side.



What does photosynthesis have to do with this recipe?



Through photosynthesis, plants use light, carbon dioxide, and water to make glucose, a carbohydrate they use to grow. Plants, like the leafy greens in this recipe, are photosynthetic factories, pumping out nutrients we all need. Even salmon depend on photosynthesis: they grow by eating photosynthetic organisms in the water called phytoplankton. To learn more about photosynthesis, watch the Photosynthesis video at TV411.org/science.