

Summer Salad with Smoked Trout and Citrus

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All sorts of flavors going on in this peppy summer salad: sweet, salty, tangy, spicy—it's delicious!

Ingredients:

2 cups arugula
2 cups baby spinach leaves
½ pound smoked trout, flaked
1 ripe avocado, thinly sliced
1 blood orange, peeled, cut into segments
1 grapefruit, peeled, cut into segments
¼ cup thinly sliced red onion
¼ cup toasted slivered almonds
¼ cup extra-virgin olive oil
3 tablespoons fresh lime juice
½ teaspoon sea salt
¼ teaspoon black pepper

Directions:

- 1) Combine arugula, spinach, trout, avocado, blood orange, grapefruit, red onion, and almonds in a large bowl. Set aside.
- 2) Whisk together oil, lime juice, salt, and pepper in a small bowl; pour over salad mixture. Toss gently to coat. Serve immediately.