



THE ingles TABLE

with Chef Gigi Stewart
Smoked Salmon BLT Salad with Lemon Caper Dressing

Shopping List

For the dressing:

- ½ cup mayonnaise
- 1 tablespoon capers, drained
- Juice from ½ lemon
- 1 clove garlic, minced
- 1 teaspoon dried dill
- Drizzle of honey
- Salt and pepper, to taste

For **each** salad:

- About 2 cups of spring greens or other leafy green base
- ¼ cup halved cherry tomatoes
- ¼ avocado, sliced
- 2 or 3 strips cooked bacon
- 2 to 3 ounces smoked salmon
- 1 spring onion, thinly sliced
- Fresh dill, garnish

Cooking Instructions

- 1) Prepare the dressing by blending all ingredients with a stick blender; set aside.
- 2) Assemble salads by placing greens in a shallow bowl.
- 3) Top greens with tomatoes, avocado, bacon and salmon.
- 4) Drizzle desired amount of dressing over the top, sprinkle the green onion on top, then garnish with dill.
- 5) Enjoy immediately.



ingles-markets.com | inglestable.com