

# Baked Salmon with Spicy Caesar Salad

Author: My own concoction



2 cloves garlic, peeled, mashed or finely minced  
 1 teaspoon salt  
 1/3 cup light sour cream (or use all mayonnaise)  
 2/3 cup mayonnaise  
 2 teaspoons Dijon mustard  
 1/4 cup Parmesan cheese, finely grated  
 1/2 teaspoon freshly ground black pepper  
 1 1/2 tablespoons fresh lemon juice  
 1 teaspoon Worcestershire sauce  
 2 tablespoons capers  
 1/4 teaspoon hot chile sauce, like Vietnamese red chile sauce, or more to taste

#### SALAD:

8 cups Romaine lettuce, chopped  
 4 whole radishes, sliced  
 1 cup cilantro, chopped  
 1/2 pound fresh asparagus, steamed (or roast alongside the salmon)  
 1 whole avocado, peeled, seeded, sliced  
 1 cup Parmigiano-Reggiano cheese, shaved  
 24 ounces salmon fillets, cut in individual steaks

*Per Serving (excluding unknown items): 479 Calories; 36g Fat (64.2% calories from fat); 34g Protein; 11g Carbohydrate; 4g Dietary Fiber; 82mg Cholesterol; 960mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.*

**Carolyn T's Tasting Spoons blog:**  
<http://tastingspoons.com>

*Notes: This may serve more than 6, but it's based on an entree sized salad.*

1. Mash the garlic with the salt and allow to sit while you collect the other items.
2. In a bowl combine the sour cream, mayonnaise, Dijon, black pepper, lemon juice and Worcestershire. Mix well with a small spoon until thoroughly combined.
3. Add the Parmesan cheese and capers, then add the garlic/salt mixture. Add more salt and pepper if needed. Stir well, cover and refrigerate for at least an hour to allow flavors to marry.
4. Meanwhile, preheat oven to 450. Line a small baking sheet with parchment paper and place salmon on top. Season with salt and pepper. Bake for about 8-10 minutes (max) until you can just barely see some of the juices bubbling up within the salmon (little white specks will begin peeking through the fish). Set aside.
5. Mix the salad ingredients, toss with dressing, place on a large plate, then add the salmon fillet, the asparagus, avocado and Parmesan. Drizzle a bit more dressing on top of salmon, then garnish with additional cilantro, if desired.