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## **Farmer's Market Mackerel Salad**

This salad is full of fresh flavors and inspiring textures. The fact that it doesn't require cooking will keep your kitchen cool when summer temperatures begin to soar. If you're looking for a few carbs to help power your workouts, toss some roasted baby potatoes into the salad.

Prep Time: 20 min. Cook Time: 0 min.

Servings: 2 Servings

Serving Size: 1/2 of recipe

### **Ingredients**

4 cups tender salad greens  
1 yellow bell pepper, sliced  
1 cup chopped cucumber  
1 cup cherry tomatoes, halved  
1/2 avocado, cubed  
1 scallion, sliced  
1/2 lb. smoked mackerel  
2 tbsp sliced unsalted roasted almonds  
1 tbsp capers, drained  
2 tbsp extra-virgin olive oil  
2 tbsp fresh lemon  
2 tsp grainy Dijon-style mustard  
1/4 tsp salt  
1/4 tsp black pepper  
1/4 cup sliced fresh mint  
Optional: Roasted or boiled baby potatoes

### **Directions**

1. Divide salad greens, bell pepper, cucumber, tomatoes, avocado, and scallion among serving plates. Top with chunks of mackerel flesh and sprinkle with almonds and capers.

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2. In a small bowl, whisk together olive oil, lemon juice, mustard, salt, and black pepper. Drizzle dressing over salad and garnish with mint.