



## **Power Cara Cara Orange Glazed Salmon with Citrus Slaw**

*Use the whole kohlrabi with the leaves to make the slaw*

### **Special Heart Stars – Salmon and Oranges**

#### **Citrus Slaw:**

3 kohlrabi with leaves

2 Cara Cara navel or favorite oranges, segments removed,

Select kohlrabi that are small or medium and fresh-looking. Larger ones may be tougher.

Remove the leaves from the stems; fine slice and chop leaves; place in salad bowl. Save stems if desired for another recipe.

With a vegetable peeler, peel the thick outer layer on the bulb. Slice one bulb into sticks; shred the remaining kohlrabi bulbs; place into salad bowl.

Remove orange skin, cut segments from oranges, chop segments into chunks. Place in salad bowl.

**Slaw Dressing:**

- 2 Tablespoons maple syrup
- 1 Tablespoon rice vinegar
- 1/2 Tablespoon sesame oil
- 1 Tablespoon reduced salt soy sauce
- 1 teaspoon mild mustard
- 3 Tablespoons Cara Cara or favorite orange juice
- 2 teaspoons toasted sesame seeds

In a medium bowl, combine all dressing ingredients until well mixed. Set aside. Remove; set aside 1/4 cup of dressing. Toss remaining dressing with kohlrabi slaw.

**Maple Glazed Salmon:**

- 1 Tablespoon olive oil
- 1 Tablespoon unsalted butter
- 1-1/4 lb. Verlasso boneless salmon
- 1 teaspoon blackened or New Orleans seasoning
- 1 Cara Cara navel or favorite orange, cut into thin slices

Place oil and butter in 12-inch frying pan; preheat pan to 375 degrees F. Season salmon with Cajun seasoning.

When temperature is reached; place salmon in pan skin side up; cook for 7 minutes.

Turn salmon over; lightly brush grilled side of salmon with reserved slaw dressing. Cook for 7 minutes or cooked to 140 degrees F.

Remove salmon on serving platter, skin side down or remove the skin. Lightly brush salmon with reserved slaw dressing. Place 3 thin orange slices on top. Drizzle any remaining sauce over salmon. Serve with citrus kohlrabi slaw. Serves: 4

**About this Recipe:** It's perfectly cooked salmon, seasoned with spicy blackened flavor. A light maple glaze and the fresh pink orange slices makes a stunning presentation. Serve with healthy crunchy kohlrabi slaw.

**About Cara Cara Oranges:**

According to orange growers, Cara Cara Oranges have 20% more vitamin C and about 30% more vitamin A than regular navel oranges.

They have a lower acidity and the pink inner segments are full of natural lycopene. They are available December through May.

For More Information See:

[https://www.specialtyproduce.com/produce/Cara\\_Cara\\_Oranges\\_7884.php](https://www.specialtyproduce.com/produce/Cara_Cara_Oranges_7884.php)

**About Kohlrabi:**

Kohlrabi is known for being loaded with nutrients and minerals that are incredibly helpful for all facets of people's health. There's copper, potassium, manganese, iron, and calcium as well as vitamins like Vitamin A and Vitamin K. Like most cruciferous vegetables, it is also loaded with fiber which is always good to consume on a regular basis.

For More Information See:

[https://health.facty.com/food/nutrition/health-benefits-of-kohlrabi/?utm\\_source=bing&utm\\_medium=c-search&utm\\_term=kohlrabi&utm\\_campa](https://health.facty.com/food/nutrition/health-benefits-of-kohlrabi/?utm_source=bing&utm_medium=c-search&utm_term=kohlrabi&utm_campa)