

# Blue Crab Little Gem Nicoise Salad

*Salad Recipe (Serves 4–6)*



## NICOISE DRESSING INGREDIENTS

3 cups Olive oil	1 tsp. Dijon mustard	¼ tsp. Morton® fine sea salt
2 Tbsp. Honey	¼ cup Capers	
1 Lemon, juiced and zested	3 Anchovies	

## NICOISE DRESSING DIRECTIONS

- 1) Combine lemon juice, zest, honey, Morton® Fine Sea Salt and dijon mustard in a blender. Start on the low setting and slowly drizzle in olive oil.
- 2) Add the capers and anchovies.

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# Blue Crab Little Gem Nicoise Salad

*Salad Recipe (continued)*



## SALAD INGREDIENTS

6 Heads little gem lettuce, washed	1 cup Green beans, blanched and cut into 1 inch pieces	½ cup Chives, finely chopped
¼ cup Fingerlings, cooked and thinly sliced	1 Red pepper, ½ inch diced	3 Eggs, hard boiled and chopped
1 cup Shaved red onion		1 tsp. Morton® coarse sea salt
1 cup Blue crab meat (can substitute for tuna)	2 Lemons, zested	1 tsp. Pepper

## SALAD DIRECTIONS

- 1) In a mixing bowl, combine all the ingredients for salad and add dressing.
- 2) Serve in a chilled bowl.

## SALT RATIONALE

Morton® fine sea salt is used in the dressing because it quickly dissolves for an easy blend into the lemon vinaigrette to help balance the citrus flavor. To finish and season each ingredient within the salad, Morton® coarse sea salt is used for its easy distribution and crunchy texture.