Nordic Rye Berry and Salmon Salad

4 MIN READ

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BY DREW GREEN

A whole grain and omega-3 recipe for brain health.

This salad is practically a case study in the Nordic diet, rye, salmon, and fresh greens assembled into something that tastes like spring arrived early. Itâ??s hearty enough to be a full meal, fast enough for a weeknight, and the creamy dill dressing pulls everything together without a drop of cream in sight.Â

Rye berries are a whole grain staple in Nordic countries. And whole grains have a consistent track record in longevity research. **A meta-analysis of more than 780,000 people published in *Circulation*** found that high whole grain intake is associated with a 16% lower risk of all-cause mortality. The salmon delivers heart-healthy **EPA and DHA** omega-3 fatty acids. Spinach contributes folate, magnesium, and vitamin K. Greek yogurt in the dressing adds protein and gut-supporting probiotics. And dill, underrated as it is, contains **flavonoids** and antioxidants with emerging anti-inflammatory properties.Â

Serves 4 | Total time: 65 minutes

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Ingredients

Salad

- 1 cup rye berries
- 1Â½ cups green beans, chopped into 1-inch pieces

- 5 ounces fresh baby spinach
- 1 large cucumber, sliced into half-moons
- 8 ounces smoked salmon (not lox), torn into bite-sized pieces
- Â¼ cup chopped fresh dill

Dressing

- Â½ cup plain Greek yogurt
- 1 small garlic clove, minced
- 2 tablespoons apple cider vinegar
- 1Â½ tablespoons olive oil
- 2 tablespoons water
- Â¼ teaspoon black pepper

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Instructions

1. 1 Cook rye berries according to package instructions (typically 45â??60 minutes at a low

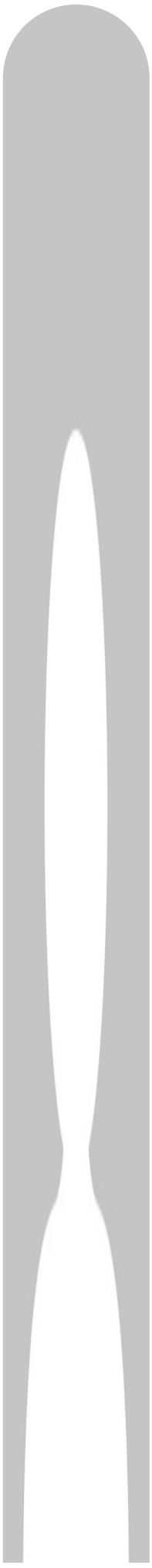
boil until tender and chewy).

2. While rye berries cook, place green beans in a large skillet, cover with water, and cook over medium heat for about 5 minutes. You want them cooked through but still holding their color. Drain well.
3. Whisk all dressing ingredients together until smooth and creamy.
4. Add the spinach to a large bowl and mix with dressing. Fold in the rye berries, green beans, cucumber, salmon, and dill. Serve right away.

Note: Hot-smoked salmon flakes more easily than lox and holds up better once everything is tossed together. Look for it near the smoked fish at most grocery stores. This recipe is inspired by the **Whole Grains Council** recipe.

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