

Pressed Crab Salad Sandwich with Red Pepper Vinaigrette

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-salad-vinaigrette-recipe>

Ingredients:

- 2 heirloom tomatoes or medium beefsteak
- 1/4 teaspoon kosher salt
- 1 cup red bell peppers jarred, drained
- 3 tablespoons red wine vinegar
- 3 cloves garlic smashed and peeled
- 1/2 teaspoon kosher salt
- 1/4 cup olive oil
- 3 tablespoons capers drained and chopped
- 4 tablespoons mayonnaise
- 1 lemon
- 1/4 teaspoon kosher salt
- 1 pound crab meat backfin, picked over
- 2 tablespoons vinaigrette red pepper, above
- 16 ounces ciabatta bread
- 1 cucumber peeled, halved, seeded, and cut into 1/4 inch slices
- 1 avocado small ripe, halved, pitted, and thinly sliced
- 1/4 teaspoon kosher salt
- 1/2 lemon

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 45 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams

8. Sodium: 700 milligrams
 9. Sugar: 4 grams
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