

Broiled Salmon Salad

MACROS

476 Calories
37g Carbs
20g Fat
28g Protein

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In my opinion, this is by far
the best way to cook salmon!

-Gail

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RECIPE

Meal prep the salmon ahead of time, and combine the salad ingredients/ portion them out. The salmon will keep up to 5 days in the refrigerator and the salad up to 3 days. Add the salmon when you're ready to eat - also save the dressing for the day of!

SALMON

- Set oven to broil on high setting
- Place your salmon fillets skin side down on top of parchment paper and lightly spray with cooking oil.
- Season the fillets well with a complete seasoning blend or dry rub (I really like to use flavors that are citrus of chili inspired)
- Allow salmon to fully cool.

SALAD

- 2 full cups of spring mix
- 75g Cucumber
- 70g roasted red peppers
- 40g of cooked beets
- 20g of chipped red onion
- 35g cherry tomatoes
- 80g jasmine rice
- 14g reduced fat feta cheese

DRESSING

Mix:

- 4tsp dijon mustard
- 2tsp lemon juice
- 1 tsp olive oil

