



Citrus-Infused Salmon Salad

SERVINGS: 2

PREPPING TIME: 15 MINS

COOKING TIME: 10 MINS

INGREDIENTS

Salad:

2 salmon filets

4 cups baby kale

1 cup roasted beets, diced

1/2 cup fresh blueberries

1/8 cup toasted walnuts

1/4 cup crumbled feta cheese

1 orange, segmented

1/2 of an avocado, sliced

1 tsp. sesame seeds, toasted (garnish)

Dressing:

1/8 cup freshly squeezed orange juice

1 tbsp. olive oil

1/2 tbsp. balsamic vinegar

1/2 tsp. honey

Salt and pepper to taste

1/8 zest of an orange

DIRECTIONS

1. Season the salmon filets with salt and pepper. Grill or pan-sear the salmon over medium-high heat until cooked through (about 4-5 minutes per side). Let it cool slightly.
2. In a small bowl, whisk together the orange juice, olive oil, balsamic vinegar, honey, salt, pepper, and orange zest until well combined.
3. In a large salad bowl, combine the baby kale, roasted beets, blueberries, toasted walnuts, feta cheese, orange segments, and avocado slices. Add the salmon on top.
4. Drizzle the dressing over the salad and gently toss to combine. Sprinkle over the sesame seeds and enjoy!

NUTRITION

Serving size: 1 salad (459g)
(per serving) 490 calories, 28g fat, 6g saturated fat, 65mg cholesterol, 470mg sodium, 37g carbohydrate, 12g fiber, 20g sugar, 29g protein