

Salmon and Greek Salad

Serving size 8

Ingredients:

1-pound cooked salmon cut into 8, 2oz portions for each salad
1-pint cherry tomatoes cut in half
1 medium red onion, sliced
3 oz feta crumbs
1 medium cucumber, sliced
16 cups spring mix
5 individual kalamata olives

Dressing

1 cup lemon juice
Zest of 1 lemon
2 tablespoons chopped fresh basil
2 oz olive oil
3 tablespoons honey
4 oz plain Greek yogurt
1 tablespoon garlic
1/4 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon Italian seasoning

Step 1

In a medium size mixing bowl add lemon juice, lemon zest, yogurt, honey, salt, pepper, garlic, Italian seasoning and chopped fresh basil. Mix ingredients together and then add the olive oil. Whip all ingredients together.

Step 2

Place spring mix salad into a large bowl and add sliced cucumber, tomatoes, red onion, feta and olives. Drizzle lemon basil dressing to the salad and toss.

Step 3

Place one cup of mixed salad on a plate, then add 2 oz of salmon on top.

Nutritional information per serving: calories 308; carbohydrates 18 g; total fat 15 g; protein 20 g; sodium 366 mg.