

RECIPE

Salmon Garden Salad



Ready in **15-20 minutes**

Serves **1 person**

Ingredients

- Spinach
- Onions
- Tomatoes
- Mushrooms
- Pomegranate Seeds
- Cucumber
- Avocado
- 4-6oz Salmon
- Lemon Vinaigrette Dressing
- Salt
- Pepper
- Paprika
- Garlic Powder
- Onion Powder
- Fresh Cilantro
- Coconut Oil

Preparation

1. **To begin**, preheat oven to 400. Then spread coconut oil over a small baking pan. Next place the salmon on the pan and season with salt, pepper, paprika, garlic, and onion powder. Once the oven is ready, place the salmon in the oven and bake for 15-20 minutes. Salmon should be moist. Avoid overcooking so the salmon doesn't become dry.
2. **Next**. As salmon is cooking, place four cups of spinach into a bowl. Dice tomato, cucumber, mushrooms and onion. Toss inside of the salad. Slice four thick pieces

of avocado and put in salad. Pour $\frac{1}{3}$ cup of dressing over salad.

3. **Finally**, Add cooked salmon to the salad and begin to stir. Mix well.
4. Add pomegranate seeds and fresh cilantro to the top of the salad. ENJOY!!!

Tips

You may substitute salad dressing and salmon with a protein of your choice. Add 1 tablespoon of nuts (almonds, pecans, cashews) for more protein and crunch.