

Smoked Salmon Spinach Salad



Ingredients

4 oz. spinach
3 tbsp fresh parsley, chopped
2 tbsp fresh basil, chopped
2 tbsp green onion, chopped
1/4 c tomato, chopped, prefer Roma
1 tbsp yellow peppers, washed and sliced thin
1/4 c strawberries, washed, sliced
2 tbsp dried blueberries
3 tbsp balsamic vinegar, infused with orange preferred
2 tbsp extra virgin olive oil
3 oz smoked salmon, flaked
1 tbsp feta, crumbled
1 tbsp sliced almonds, toasted.

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Directions

Soak dried blueberries in the balsamic oil until soft 15-30 minutes.

Toss together washed and dried spinach, parsley and basil. Put in two bowls, top with peppers, onion, tomato and feta.

Drain blueberries, add berries to salad and whisk the balsamic with the olive oil to make the dressing.

Top salad with strawberries and salmon. Finish with the dressing and sprinkle the sliced almonds.

- Almonds can be toasted in a pan or hot oven, watch carefully to avoid burning.

Nutritional Information

Calories per serving 300

Total Fat 20g

Saturated Fat

Cholesterol 28mg

Sodium 175mg

Total Carbohydrates 21g

Dietary Fiber 10g

Protein 15g

Servings 2