



Smoked Salmon Salad

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 4 oz smoked or cooked salmon
- 2 cups arugula, spinach or greens of choice
- 1 handful halved cherry tomatoes.
- 1/2 small avocado, diced
- 1 tbsp hemp hearts
- 1 tbsp sesame seeds
- 1/2 tbsp olive oil
- lemon juice to taste
- Salt and pepper to taste

DIRECTIONS

1. Combine salmon, arugula, cherry tomatoes, avocado, and hemp hearts together in a bowl.
2. Mix olive oil, lemon juice, salt, and pepper together and drizzle over salad. (May also try Primal Kitchen Dressing of choice)

NUTRITION INFO

Calories: 456, Carbohydrate: 20 grams, Protein: 31 grams, Fat: 30 grams