

RECIPE

Grilled Salmon Salad with Citrus and Lentils

Ingredients

6 servings

For the Lentils:

1-1/2 cup lentils
1-quart water

For the Salmon:

24-ounce fresh salmon fillet
1 teaspoon extra virgin olive oil
1 teaspoon salt free 17 seasoning

For the Dressing:

1/3 cup fresh lemon juice
1/4 cup fresh chopped dill
1 tablespoon Dijon mustard
1/4 cup extra virgin olive oil
1 cup diced red bell peppers
1 cup diced cucumbers
1/2 cup diced red onion



Directions

- For the Lentils:** Sort and rinse the lentils to remove any dirt or debris. Bring water to a boil, add the lentils, and simmer gently until lentils are soft, approximately 30 minutes. Drain and refrigerate until ready to use.
- For the Salmon:** Lightly brush the salmon with olive oil. Season the salmon with the 17 spice before grilling. Grill the salmon skinless side down first (skin side up), each side should be firm and opaque with grill marks. Internal temperature should be 145F. When the salmon is cooked, remove from the cooking surface and place on to a sheet tray and place into the refrigerator until ready to use.
- For the Dressing:** Whisk lemon juice, dill, and mustard in a large bowl. Gradually whisk in oil to form an emulsion. Add the diced bell pepper, cucumber, onions and lentils.
- To assemble each salad:** Scoop 1/2 cup lentils into the bottom of a serving bowl. Place 1 each (4 oz.) portion of grilled salmon on top of the lentils. Top with dressing as desired and serve.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
384	17	3	24	32	9	107