

# SALMON SALAD WITH ORANGE VINAIGRETTE

## Ingredients:

- \*4 85g fresh salmon fillets
- \*2 tbsp freshly squeezed orange juice
- \*1tbs olive oil
- \*sea salt & ground black pepper to taste
- \*6 cups mixed salad greens
- \*1/4cup sliced almonds
- \*1/2 cup cherry tomatoes

## Directions:

Place salmon in microwaveable dish.

Cover & cook on high for 5mins.

Let cool.

In small bowl, whisk together orange juice, oil, salt & pepper to taste to make vinaigrette.

In a large bowl, combine almonds & tomatoes.

Add vinaigrette.

Add salmon on top & serve.

(serves 4)

Calories:220g

Fats: 12g

Carbs: 4g

Protein: 22g

Sugars: 1 g

Iron: 2mg