

Salmon & Walnut Salad

Servings: ~6

Salad Ingredients:

- 4 cups *baby spinach leaves*, rinsed and dried
- 4 cups *field greens*, rinsed and dried
- 6 ounces *wild Alaskan sockeye salmon*, fresh or canned
- $\frac{1}{4}$ cup *nonfat yogurt*, plain
- 1 can *hearts of palm*, (8oz dry weight)
- $\frac{1}{2}$ medium *red onion*, diced
- 1 cup *walnut halves*, chopped
- $\frac{1}{2}$ cup *dried cranberries*, sweetened



Dressing Ingredients:

- 1 cup *roasted red peppers*, jarred
- $\frac{1}{4}$ cup *fresh basil leaves*
- 3 tablespoons *olive oil*
- 1 tablespoon *balsamic vinegar*
- $\frac{1}{4}$ teaspoon *sea salt*
- $\frac{1}{4}$ teaspoon *black pepper*
- 2 *garlic cloves*
- 1 $\frac{1}{2}$ tablespoons *honey*

Directions:

1. For Dressing: Simply place red peppers, basil, olive oil, balsamic vinegar, sea salt, pepper, garlic, and honey into a blender or food processor until all ingredients are thoroughly processed into a dressing-like consistency. About 20 seconds. Set aside.
2. Salmon Mixture: Mix salmon and yogurt in a mixing bowl with a fork until a smooth consistency is achieved. Set aside.
3. Salad: Place the baby spinach and field greens in a large salad bowl.
4. Generously coat all the greens with prepared dressing.
5. Fold in hearts of palm, onion, cranberries, and half of the walnuts. Mix well.
6. Top the salad with salmon mixture and the remaining half of walnuts. Enjoy.

Nutrition:

 (Serving size: 1/6 the recipe)

calories: 366 protein: 15g total carbohydrate: 24.5g total fat: 24g
sugars: 15g sodium: 750mg dietary fiber: 4.5g saturated fat: 3.5g