

## Avocado Salmon Salad Marinade/Dressing

- 3 tablespoons olive oil
- 2 tablespoons lemon juice fresh squeezed
- 1 tablespoon apple cider vinegar (optional)
- 1 tablespoon fresh chopped parsley
- 2 teaspoons garlic minced
- 1 teaspoon dried oregano
- 1 teaspoon Himalayan sea salt
- Cracked pepper, to taste
- 1 pound (500 g) skinless salmon fillets

### Salad:

- 5 cups Romaine (or Cos) lettuce leaves, washed and dried
- 1 large cucumber diced
- 4 Roma tomatoes diced
- 1 red onion sliced
- 1 avocado sliced
- 1/2 cup pitted Kalamata olives (or black olives), sliced (optional)
- Lemon wedges to serve



1. Whisk together all of the marinade/dressing ingredients in a large jug. Pour out half of the marinade into a large, shallow dish. Refrigerate the remaining marinade to use as the dressing later.

2. Coat the salmon with the marinade. Heat 1 teaspoon of oil in a skillet or grill pan over medium-high heat. Sear salmon on both sides until crispy and cooked to your liking.

3. While salmon is cooking, prepare all of the salad ingredients and mix in a large salad bowl.

4. Slice salmon and arrange over salad. Drizzle with the remaining UNTOUCHED dressing. Serve with lemon wedges.

Makes 5 servings.

Serving Size = 2 cups of salad, 3 ounces of salmon and 1 teaspoon of dressing + 3 olives + 1/8 small avocado

Enjoy with 1 serving of on plan fruit to complete the meal.

