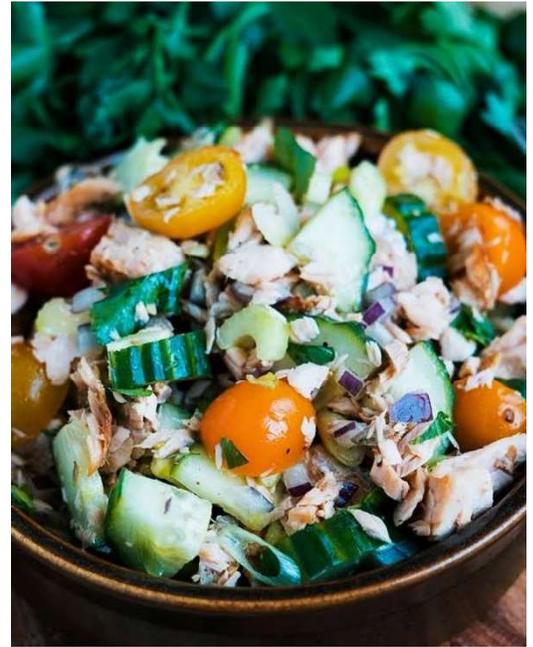


## Salmon Chopped Vegetable Salad

- 9 oz. salmon, cooked and flaked
- 1 cucumber, chopped
- 2 cups grape tomatoes, chopped
- 1 red onion, chopped
- 4 celery stalks, sliced
- 1 green onion, sliced
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh parsley, minced
- 1 tablespoon freshly squeezed lemon juice
- Himalayan sea salt and freshly ground black pepper



1. In a bowl combine the olive oil, vinegar, lemon juice, parsley, and season to taste.

2. In a salad bowl combine the cucumber, grape tomatoes, red and green onions, celery, and flaked salmon.

3. Pour the dressing over the salad and gently toss everything. Serve topped with additional fresh parsley.

Makes 3 servings.

Serving Size = 3 ounces of salmon with 2 cups of raw vegetables & 2 teaspoons of dressing.

Enjoy with 1 cup of on plan fruit.

