

## Smoked Salmon Salad with Spinach and Mushrooms

- 9 oz. smoked salmon, thinly sliced
- 2 boiled eggs, sliced
- 1 cup sliced mushrooms
- 6 cups baby spinach
- 1/2 cucumber, sliced
- 1 green onion, sliced
- 1/4 cup olive oil
- 1 tablespoon apple cider vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh dill, minced
- Himalayan salt & freshly ground black pepper

1. Add a teaspoon of oil in a large skillet over medium heat. Add the mushrooms and cook until soft, about 5 to 8 minutes, season to taste and set aside.
2. In a small bowl combine the remaining olive oil, vinegar, lemon juice, dill, salt and pepper.
3. In a salad bowl toss the mushrooms, cucumber, green onions, blueberries, and spinach together. Add the boiled eggs and smoked salmon, then drizzle with the dill vinaigrette.

Makes 4 servings.

Serving Size = 1/2 boiled egg + 2 ounces of smoked salmon, 2 cups of raw vegetables, 2 teaspoons of dressing.  
Enjoy with 1 cup of on plan fruit.

