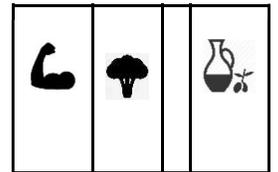


Smoked Salmon with Fresh Vegetables

- 9 oz. smoked salmon, cut into thin slices
- 2 cups grape tomatoes, halved
- 1 cucumber, peeled and coarsely chopped
- 1 red onion, thinly sliced
- 6 teaspoons olive oil
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon garlic, minced
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon dried oregano
- Fresh dill, minced
- Himalayan sea salt and freshly ground black pepper



1. In a small bowl, whisk together the olive oil, lemon juice, garlic, balsamic vinegar, and oregano.
2. Season the dressing to taste with salt and freshly ground black pepper.
3. Combine the tomatoes, cucumber, and onion in a bowl.
4. Drizzle the vegetables with the dressing and gently toss.
5. Roll the smoked salmon slices, and place on top of the fresh vegetables.
6. Sprinkle some fresh dill to taste on top before serving.



Makes 3 servings.

Serving Size: 3 ounces of salmon, 2 cups of raw vegetables, and 2 teaspoons of dressing.

Enjoy with 1 cup of on plan fruit to complete your meal.