

# Grilled Salmon, Berry, Avocado Salad, Blueberry Honey Lime Vinaigrette

Serving Size: 1 each

Makes: 1 serving

## For the Salmon:

5 oz Salmon Fillet  
¼ tsp Black Pepper  
as needed Cooking Spray

## For the Vinaigrette:

1 oz Blueberries  
3 TBSP Honey  
1 tsp Salt  
1 tsp Garlic, minced  
1 tsp Basil, chopped  
5 TBSP Canola Oil  
3 TBSP Lime Juice

## To Assemble:

2 cup Spring Mix  
¼ cup Avocado, diced  
¼ cup Red Onion, sliced  
¼ cup Strawberries, sliced  
¼ cup Blueberries  
1 TBSP Sunflower Seeds, unsalted

## NUTRITION FACTS

### PER SERVING

calories	450
total fat (g)	30
saturated fat (g)	4
trans fat (g)	0
sodium (mg)	180
total carbohydrate (g)	25
dietary fiber (g)	7
sugar (g)	14
protein (g)	23



**RD APPROVED**

## Preparation:

- 1. For the salmon:** Pre-heat grill to medium high heat. Spray salmon with cooking spray, and season with pepper. Grill salmon fillet until an internal temperature of 145°F has been attained. Hold hot.
- 2. For the vinaigrette:** Place blueberries, honey, salt, garlic, basil, canola oil, and lime juice in a blender. Blend to a smooth consistency. Dressing makes enough for 8 servings. Store leftovers in the refrigerator for up to 1 week.
- 3. To assemble:** Place greens in a bowl and top with avocado, onion, strawberries, blueberries, sunflower seeds, grilled salmon, and 1 TBSP dressing.



BLOG

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