

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



*Registered Dietitian Approved!*

## Serving size: 1 salad

- Cooking Spray
- 4 oz of Salmon, Raw
- ¼ tsp Black Pepper
- 2 cups Spring Mix
- ¼ cup Avocado, diced
- ¼ cup Red Onions, sliced
- ¼ cup Strawberries, sliced
- ¼ cup Blueberries
- 1 tbsp Sunflower Seeds, Unsalted, Roasted
- 2 tbsp Blueberry, Honey, Lime Vinaigrette

## Makes 1 serving

For the vinaigrette 4 Servings:

- 1/3 oz Blueberries
- 1 tbsp Honey
- ¼ tsp Kosher Salt
- ¼ tsp Minced Garlic
- ¼ tsp Basil, chopped
- 3 tbsp Canola Oil
- 2 tbsp Lime Juice

## Preparation:

1. Preheat grill to medium high heat.
2. Spray salmon filet with cooking spray. Sprinkle fresh ground pepper on salmon.
3. Grill salmon filet until internal temperature reaches 140°F.
4. Prepare dressing by combining all the ingredients listed for the vinaigrette into a blender. Blend into a smooth consistency. Reserve 2 tbsp of dressing for the salad. Save the rest for another delicious dish.
5. To assemble the salad, first add spring mix to a bowl and then top with avocado, red onion, sliced strawberries, blueberries, sunflower seeds, grilled salmon, and 2 tbsp of salad dressing. Enjoy!



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## 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