

Summer Salmon Salad with Creamy Lemon Vinaigrette

Serves 3

Ingredients

2 filets or 1 can (drained) salmon
1 Tbsp butter or oil
1 clove garlic (minced)
4 cups mixed greens
¼ cup slivered almonds (or nut of choice)
1 cup fresh raspberries
4 Tbs goat cheese crumbles

Dressing:

2 Tbsp lemon juice (extra for garnish)
1 tsp lime juice
2 Tbsp olive oil
¼ cup Siggí's Lemon Triple Cream Icelandic Yogurt (or plain Greek yogurt)
¼ tsp garlic powder
1 tsp apple cider vinegar
Salt & pepper to taste



Provides 410 kcal, 25 g protein per serving

Instructions

1. Preheat pan and warm oil over medium heat
2. Add garlic and cook until aromatic (about 30 seconds to 1 minute)
3. Add salmon filets and cook until well done - the fish should be flaky and not translucent.
4. While salmon is cooking – make vinaigrette (see below).
5. Once salmon is finished cooking, turn off heat and let salmon cool to room temperature
6. Once cooled, flake salmon with fork into small pieces
7. Combined mixed greens, salmon, slivered almonds and raspberries in large serving bowl
8. Top salad with crumbled goat cheese and drizzle with vinaigrette.
9. Optional: add lemon zest on top for an added zing!

For the dressing

1. Combine all ingredients in small bowl - whisk until completely blended
2. Leftover dressing should be stored in an airtight container in the refrigerator for up to 3 days

Nutrition Tips

- Salmon is rich in omega-3 fatty acids, which have anti-inflammatory properties and can help promote healing during treatment
- Almonds, cheese and yogurt are all great sources of protein and alternatives to meat when trying to incorporate more protein at meals

Recipe provided by Courtney Evans, MGH Dietetic Intern 2017