



SEASON OPENER SPINACH & SALMON SALAD

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| 8 | cups fresh spinach |
| 1 | cup carrots, shredded |
| 1 | cup cucumbers, sliced |
| 1 | cup tomatoes, diced |
| 4 | 4-ounce salmon fillets |
| 2 | tablespoons fresh lemon juice |
| 2 | tablespoon olive oil |
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| | DRESSING: |
| ½ | cup red wine vinegar |
| 1 | tablespoon dijon mustard |
| 1 | cup extra-virgin olive oil |
| 1 | tablespoon honey |
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| 1. | In a large bowl, add fresh spinach, carrots, cucumbers & tomatoes. |
| 2. | Preheat oven to 350 degrees. Drizzle lemon juice & olive oil over salmon. Bake for 12-14 minutes. Break up salmon & toss it into the salad. |
| 3. | Whisk all dressing ingredients together until well blended. Pour dressing over salad & toss. |
| | servings: 4 / prep time: 20 minutes / cook time: 15 minutes |
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