



## SUPERFOOD SALMON SALAD

*This is a beautiful salad that incorporates the bounty from your local farmers market and salmon. It is filled with omega-3 fatty acids, protein, and a wealth of vitamins and minerals. This is a satisfying and filling dish.*

### INGREDIENTS

- 10 asparagus spears, cut in 1-inch pieces
- 5 oz canned salmon (or use leftover salmon)
- 2 cups mixed spring greens
- 2 cups baby spinach 12 cherry tomatoes, diced
- ½ cucumber, thinly sliced
- ½ yellow or orange bell pepper, thinly sliced (red bell pepper is fine if you have on hand)
- ½ cup white cannellini or chickpea beans, drained and rinsed
- ¼ avocado, diced
- ¼ cup carrots, thinly sliced or grated
- ½ mango, diced
- Dash of salt, pepper, and seasonings to taste



### DRESSING

- ½ tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon yellow or Dijon mustard
- 1 teaspoon honey
- Minced garlic and/or seasonings to taste

### METHOD

Put asparagus and 1 teaspoon of water in a microwave-safe bowl. Microwave for 2-3 minutes, or until asparagus is tender. Combine all salad ingredients in a large bowl. Mix dressing ingredients and drizzle on salad. Toss well and serve.

Prep time: 10 minutes | Cook time: 5 minutes | Yield: 2 Servings