

SALMON WITH LENTILS

4 Servings

INGREDIENTS

2 Tbsp Olive oil

1 ¼ lbs skinless salmon filet

Salt and pepper to taste

2 Tbsp Red Wine Vinegar

1 can Lentils, drained and rinsed

1 small English cucumber, chopped

1 medium grapefruit, peeled and cut into pieces (can substitute a navel orange)

6 cups arugula (can substitute chopped lettuce of any type)

DIRECTIONS

Step 1

Heat 1 Tbsp olive oil in a non stick pan on medium heat. Cut the salmon into 4 portions and season with salt and pepper. Cook in pan until golden brown (7-8min first side, 2 min second side)

Step 2

In Large bowl whisk together remaining olive oil with vinegar. Add lentils, cucumber, grapefruit and arugula.

Step 3

Serve salmon along side lentil mixture. Enjoy!

SHOPPING LIST

Salmon Filet

Red Wine Vinegar

Canned Lentils

Grapefruit or Navel Orange

Arugula or Lettuce

NUTRITION

Calories: 330

Fat: 10g

Saturated Fat: 2g

Protein: 36g

Carbohydrates: 22g

Fiber: 9g

Sodium: 275mg

Adapted from Prevention Magazine. 2022.