

Ms. Dianna's Salmon Salad Recipe

Ingredients

Salmon Ingredients

- 12 oz Salmon
- 1/4 cup Lime Juice
- 1 tsp Pepper
- 1 tsp Turmeric
- 1 tsp Old Bay Seasoning
- 1 tsp Ginger
- 1 tsp Cinnamon

Dressing Ingredients

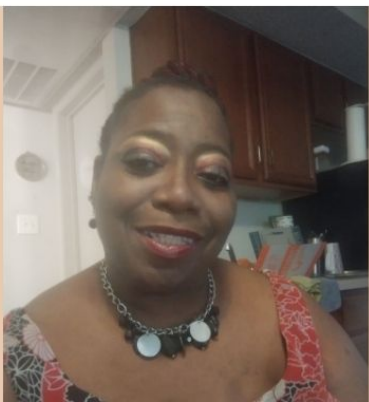
- 1/4 cup Grapefruit Juice
- 1/3 cup Lemon Juice
- 1 tsp Italian Dressing
- 1 tsp Black Pepper

Salad and Veggie Ingredients

- 1/2 White Onion
- 1/2 Red Onion
- 4 cloves Garlic
- 2 Tomatoes
- 4 cups Spinach

Directions

1. Marinate salmon for twenty minutes. To marinate, soak salmon in lime juice and pepper. While marinating, do steps 2 & 3.
2. Chop the veggies. Dice onion, red onion, garlic, and tomatoes.
3. To make dressing, mix grapefruit juice, lemon juice, Italian dressing, and black pepper.
4. Season marinated salmon with turmeric, old bay seasoning, ginger, and cinnamon.
5. Cook salmon on stove for five minutes on each side.
6. In a large bowl serve a quarter of the salmon on top of a quarter veggie mixture and drizzle with the dressing.



Chef's Tip!
Always remember to look
out for healthy eating!