



Grilled Salmon & Spinach Salad

Prep: 15 minutes plus marinating and chilling

Grill: 10 minutes • Serves: 4

- 4 boneless salmon fillets (6 ounces each)
- 1 cup raspberry vinaigrette or dressing
- Olive oil
- 2 bags (6 ounces each) baby spinach
- 1 small red onion, sliced
- 1 cup halved grape tomatoes
- 1 cup quartered and sliced cucumber
- ¼ cup crumbled feta cheese
- Chopped fresh chives for garnish (optional)

1. Place salmon in large zip-top plastic bag and pour ½ cup vinaigrette over salmon. Seal bag and refrigerate 30 minutes.

2. Prepare outdoor grill for direct grilling over medium-high heat; oil grill rack. Place salmon on hot grill rack, skin side up, and cook 3 to 5 minutes per side, or until internal temperature reaches 145°. Separate skin from salmon while removing salmon from grill. Let cool and refrigerate until chilled.

3. To serve, distribute spinach, onion, tomatoes, cucumber, cheese and salmon fillets over 4 serving plates. Serve with remaining vinaigrette. Garnish with chives, if desired.

Approximate nutritional values per serving (1 6 oz. fish fillet, ¾ Tbsp. dressing, 3 oz. spinach, ¼ small onion, ¼ c. tomatoes, ¼ c. cucumber and 1 Tbsp. cheese): 312 Calories, 12g Fat (2g Saturated), 83mg Cholesterol, 392mg Sodium, 17g Carbohydrates, 3g Fiber, 33g Protein