

Baked Salmon with Apple and Walnut Salad

Ingredients for Salmon with Apple and Walnut Spinach Salad:

Makes about 4 servings

- ¼ cup toasted walnuts, divided
- 2 ½ Tbsps. extra-virgin olive oil, divided
- 1 ounce grated fresh parmesan cheese
- 1 ½ Tbsps. fresh lemon juice
- 1 Tbsp. white balsamic vinegar
- 2 tsp honey
- 2 tsp Dijon mustard
- 1 tsp water
- 3 cloves minced fresh garlic
- ½ tsp salt, divided
- 4 (6-oz.) salmon fillets (about 1 in. thick)
- ¼ tsp pepper
- 8 cups mixed greens (kale, spinach)
- 1 cup thinly sliced seasonal apple



Calories: 420, Fat: 23g, Saturated fat: 4g, Monounsaturated fat 10g, Polyunsaturated fat: 7g, Protein: 44g, Carbohydrate: 15 g, Fiber: 4 g, Iron: 3mg, Sodium: 570mg, Calcium 225 mg

Directions:

1. Preheat oven to 400° F.
2. Combine 2 Tbsps. chopped walnuts, 2 Tbsp. olive oil, 2 Tbsps. cheese, lemon juice, white vinegar, honey, Dijon mustard, and water in a small bowl. Add garlic and ¼ tsp salt. Stir with a whisk.
3. Line baking sheet with aluminum foil and lightly oil. Place salmon on baking sheet and rub salmon with remaining oil, salt, and pepper. Cook for 10-15 minutes depending on thickness of fillet.
4. Combine greens and apple in large bowl. Slowly add dressing and toss until greens are lightly coated. Sprinkle remaining cheese and nuts on top of salad. Drizzle fillets with remaining dressing.

Recipe adapted from www.cookinglight.com