

Mediterranean Salmon & Roasted Red Pepper Salad with Creamy Greek Feta Dressing



NUTRITION INFORMATION:

SERVES: 6

SALAD CALORIES: 65

WW POINTS: 1SP

DRESSING CALORIES: 35

WW POINTS: 1SP

SALAD INGREDIENTS:

5 cups arugula

8 oz. salmon filet, grilled or poached, and cut into bite sized pieces

½ cup roasted red pepper (fresh roasted or jarred in brine not oil)

½ cup artichoke hearts

¼ cup red onion, sliced

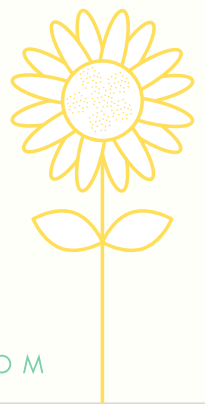
16 kalamata olives, chopped

1-2 tbsp fresh parsley, chopped

Note: Leftover salmon from dinner the night before works great for this salad

SALAD DIRECTIONS:

In a salad serving bowl, toss the arugula, roasted red peppers, artichoke hearts, and red onion until well mixed and colorful. Over the top sprinkle the salmon, olives, and parsley.



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CREAMY GREEK FETA DRESSING INGREDIENTS:

¼ cup nonfat plain Greek yogurt
¼ cup red wine vinegar
¼ cup fat free feta cheese
2 tbsp olive oil
2 tbsp lemon juice
2 tbsp water
2 tsp garlic powder
1 tsp dijon mustard
1 tsp onion powder
½ tsp dried oregano
½ tsp sea salt
¼ tsp black pepper

CREAMY GREEK FETA DRESSING DIRECTIONS:

Whisk all ingredients together or place in a glass jar with a top and shake vigorously until it is well blended and creamy. As always, taste and adjust ingredients and spices to your liking.

EAT & ENJOY

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