

Mediterranean Salmon Salad

Serves 2

Ingredients

1 6oz can wild pink Alaskan salmon
1 heaping T hummus
1 t pesto sauce
1/4 t smoked Spanish paprika
Fresh grated zest from 1 lemon
1/2 small red onion, finely diced
1 t capers
1/4 t red pepper flakes (optional)
Drain and flake salmon
Combine all above ingredients.

Basil balsamic vinaigrette

Combine
1 t balsamic vinegar
1 t pesto sauce

Crispy pita wedges

1 round of pita bread, cut into 8 wedges
1 t olive oil
1/2 t sesame seeds
1/4 t sea salt

Brush pita wedges with olive oil, top with sesame seeds & sprinkle with salt.
Toast in 400 degrees for approx. 5-10 minutes

Preparation

Combine dressing with favorite mesclun mix or spring greens, shaved asparagus and carrot, finely diced red pepper or any other colorful veggie of your choice.

Top with a scoop of salmon salad

Garnish crispy pita wedges



Recipe submitted by: Nadia Zychal