

Lemon Lentil Salmon Salad

Give It
A Try

This quick and refreshing salad is not only packed with protein from both the lentils and the salmon, but also provides some beneficial heart-healthy omega-3 fatty acids!



Did You Know?

Salmon is an excellent source of selenium. Selenium is important for heart health, antioxidant function, fertility, mood, and preventing illness.



revive
revive wellness inc.

Lemon Lentil Salmon Salad



Makes 4 servings (1 ½ cups per serving)



Ingredients:

- 3 tbsp fresh lemon juice
- 1 tbsp fresh chopped dill
- 1 tsp Dijon mustard
- 1 tsp garlic powder
- 1 tsp freshly ground pepper
- 1 tbsp olive oil
- 1 cup diced red bell pepper
- 1 cup diced cucumber
- ½ cup finely chopped red onion
- 2 cups canned lentils, drained and rinsed
- 8 oz salmon fillet, cooked (or 1 can (213 g) salmon, drained and flaked)

Preparation:

1. In a large bowl, whisk together lemon juice, dill, mustard, garlic powder and pepper. Slowly add olive oil and whisk to combine.
2. Add bell pepper, cucumber, onion, lentils and salmon. Toss to coat. Serve and enjoy!

Nutritional analysis per serving: 272 calories, 9 g fat, 23 g protein, 27 g carbohydrates, (18 g available carbohydrate), 9 g fiber, 81 mg sodium

For more great recipes, visit www.myvivainc.com