

Blue is Better Recipe (Serves 4) Mandarin Salmon Salad

Ingredients

- 16 oz. skinless salmon fillets
- 1/2 tsp. black pepper
- 8 c. spring greens salad mix
- 2-8 oz. cans Mandarin oranges, drained & rinsed
- 4 Tbsp. rough chopped walnuts
- 2 Tbsp. Dijon mustard
- 2 Tbsp. balsamic vinegar

Preparation Instructions

1. Season fillet with black pepper. Broil, grill or pan-fry salmon until meat is firm to the touch & flakes easily with a fork, about 4 minutes on each side.
2. Divide greens. Cut fillets into 4 pieces & place piece on each plate over greens. Sprinkle with orange segments & walnuts.
3. In small bowl, mix together mustard & vinegar. Drizzle over each salad.



NUTRITION FACTS

Serving Size

4-oz. fish, 2 1/2 c. salad

Amount Per Serving:

Calories	331
Calories from Fat.....	144
Total Fat	16 g
Saturated Fat.....	4 g
Cholesterol	56 mg
Sodium	543 mg
Carbohydrate	18 g
Dietary Fiber.....	4 g
Protein	25 g