



## Grilled Salmon Salad with Cilantro Lime Dressing

4 servings  
20 minutes

### Ingredients

454 grams Salmon Fillet (skin on)  
2 tsps Avocado Oil  
1/2 tsp Chipotle Powder  
Sea Salt & Black Pepper (to taste)  
6 cups Arugula  
1/3 cup Red Onion (thinly sliced)  
1/2 Cucumber (large, sliced)  
2 cups Cherry Tomatoes (halved)  
1/3 cup Cilantro Lime Dressing

### Nutrition

Amount per serving	
Calories	321
Fat	21g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	27g
Cholesterol	58mg
Sodium	295mg
Vitamin A	1556IU
Vitamin C	17mg
Calcium	75mg
Iron	1mg
Selenium	34µg

### Directions

- 1 Preheat the grill to medium-high heat. Clean the grates and grease well.
- 2 Pat the salmon dry with paper towel. Drizzle the oil over the salmon. Rub it with chipotle powder and season with salt and pepper.
- 3 Place the salmon flesh side down and close the lid. Grill for two to three minutes. Gently flip the salmon skin side down and reduce the heat to medium. Close the lid and grill for three to five minutes or until cooked through. Rest for five minutes and then flake into pieces.
- 4 Add the arugula, onion, cucumber, and tomatoes to a salad bowl. Drizzle most of the dressing over top. Portion onto plates and top with salmon. Add the remaining dressing as needed and enjoy!

### Notes

**Leftovers:** Refrigerate the salmon and salad ingredients separately from the dressing in sealed containers for up to two days.

**Serving Size:** One serving is approximately 2 1/2 cups of salad with salmon.

**Additional Toppings:** Sliced avocado, cilantro, radish or toasted nuts/seeds.