

SALMON SALAD WITH DILL & POTATOES

1 pound new potatoes (*about 12*)
5 tablespoons olive oil
4, 6-ounce pieces boneless, skinless salmon
Salt and black pepper
1 small clove garlic, minced
Juice of 1 lemon
1/3 cup chopped fresh dill
1 large handful baby greens

Steam the potatoes in 1/2 inch of water until tender, 16 to 18 minutes; drain.

Meanwhile, heat 1 tablespoon of the oil in a large nonstick skillet over medium high heat. Season the salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until opaque throughout, 3 to 4 minutes per side. Break into large chunks.

Combine minced garlic with the lemon juice and the remaining 4 tablespoons of oil in a small bowl. Season with 1/4 teaspoon each salt and pepper. Stir in the dill.

Toss the baby greens and potatoes with half the dressing. Divide the salad among 4 plates and top with the salmon. Drizzle with the remaining dressing.

Tip: Pair this meal with some antioxidant-rich iced green tea!

Thanks to Real Simple Magazine for the inspiration.

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