



Recipes

Salad

Salmon Caesar Salad

Prep and Cook Time: 30 minutes

Yield: 4 servings

Ingredients:

4 6-ounce salmon fillets, skin on
2 tablespoons extra virgin olive oil
2 heads romaine lettuce, chopped
1/4 small red onion, diced
2 tablespoons cold-pressed flaxseed oil
1 garlic clove, crushed
1 teaspoon crushed mustard seed
1 tablespoon freshly squeezed lemon juice
Sea salt and pepper, to taste

Directions:

1. Preheat oven to broil. Brush flesh side of salmon fillet with 1 tablespoon of the olive oil.
2. Place in a baking pan flesh side down. Brush skin with remaining tablespoon of olive oil. Broil for fifteen minutes. Remove from oven and set aside.
3. In a large bowl, mix together lettuce and onion. Combine flaxseed oil, garlic, mustard seed, and lemon juice in a small jar and shake well. Toss with lettuce and onion.
4. Serve topped with salmon fillet and season with freshly ground pepper.
5. Enjoy!!