



Savory Spiced Salmon Tabouli Wraps

Wrap up a spicy salmon salad

Savory Spice Blend:

- 1 teaspoon (each) onion powder, garlic powder, dried basil
- 1/2 teaspoon (each) dried thyme, dry mustard powder, paprika
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon celery seeds, optional

Tabouli Salad Dressing

- 2 Tablespoons fresh lemon juice
- 1 Tablespoon coconut nectar or date syrup
- 1/2 Tablespoon Savory Spice Blend

Salad

- 1-1/2 cups cooked chickpeas, drained, rinsed
- 2 Roma tomatoes, chopped
- 1 small avocado, pitted, peeled, diced
- 2 mini cucumbers, chopped
- 1/3 cup fresh chopped parsley or cilantro
- 1/4 cup fresh mint leaves, chopped
- 2 green onions, minced
- 1/8 teaspoon ground black pepper
- 1/2-pound cooked boneless skinless salmon
- 1/2 to 1 Tablespoon coconut nectar or date syrup

Savory Spice Blend as desired
1 to 2 Tablespoons lemon juice
4 cups torn greens, beet leaves or arugula as desired

To Serve:

2 to 4 Naan Whole Wheat Flatbread. warmed
Plain yogurt sprinkled lightly with turmeric spice

Prepare Savory Spice Blend: Combine all ingredients in small bowl. Set aside.

Prepare Tabouli Salad Dressing: Combine all ingredients in small bowl; Set aside.

Prepare Salad: In large bowl, combine chickpeas, tomatoes, avocados, cucumbers, cilantro, mint, onions with prepared salad dressing; toss to coat. Season with black pepper to taste. Place in refrigerator while preparing salmon.

Brush salmon with coconut nectar; sprinkle as desired with remaining Savory Spice Blend. Add lemon juice. Heat in 10-inch skillet until warm.
Remove from heat.

To Serve: Place torn beet greens or arugula on large serving platter. Lightly add salmon chunks to salad; spoon over greens. Serve salad with warm flatbread and plain yogurt sprinkled lightly with turmeric spice.

Serves: 4 to 6

Cook's Note: If desired, add cooked bulgur or quinoa grain as desired.

Recipe Inspired by: Michael Greger, M.D. in *The How Not to Die Cookbook*

About the Recipe: All the steps can be prepared ahead of time and easily served together as open faced sandwiches or flatbread wraps. The recipe is packed with healthy ingredients that are effective in treating inflammatory diseases. The omega 3's from the added salmon is known to alter brain chemicals that are linked with mood. Healthy is happy!