



## Top Trend – Healthy Eating

### **Greens 'n Beans Salmon Supper**

*High in omega 3 fatty acids providing anti-inflammatory effects*

#### **Salad**

- 4 cups chopped organic kale
- 1 (15.5 oz.) can cannellini beans, drained
- 2 cups chopped multi-colored sweet bell peppers
- 1/2 cup chopped red onions

#### **Citrus Salad Dressing:**

- 5 Tablespoons olive oil
- 3 Tablespoons orange juice
- 2 Tablespoons lemon juice
- 1/2 teaspoon garlic powder
- 1/4 cup minced parsley or cilantro
- 1/2 teaspoon (each) salt; ground black pepper

**Salmon:**

1 Tablespoon olive or coconut oil  
16 ounces wild salmon, cut into 3 to 4 pieces  
Spicy blackened seasoning as desired

**Prepare Vegetables:** In a large bowl, combine kale, beans, bell peppers, and onions; set aside.

**Prepare Salad Dressing:** In a small bowl, combine olive oil, orange juice, lemon juice, garlic powder, and parsley or cilantro. Season with salt and ground black pepper to taste. Set 1/4 cup salad dressing aside. Toss the remaining salad dressing with the kale salad ingredients to coat. Cover bowl; place in refrigerator until serving.

**Preheat Oven** to 400 degrees F.

**Roast Fish:** Coat baking sheet with oil; place salmon skin side down; sprinkle fish lightly with spicy blackened seasoning. Bake in preheated oven for about 10 to 12 minutes or 135 degrees F. internal temperature or as desired. Let rest 5 to 10 minutes.

**To Serve:** With slotted spoon, place chilled salad on large serving platter. Arrange roasted salmon fillets over salad. Glaze the fish by drizzling about 1 Tablespoon reserved dressing over each roasted fish fillet.

Yield: Serve 4 dinner portions

**About the Recipe:** This easy salmon dinner will boost nutrition and is perfect for our busy lifestyle. The salad, filled with lots of sweet peppers, onions, greens, and beans can be made ahead and stored in the refrigerator. Just bake the spicy seasoned fish in the oven for about 10 minutes and supper is ready.