

Smoked Salmon Salad

Prep Time: 10 minutes

Yield: 4 servings

Gluten-free & Dairy Free

Ingredients:

- Salad
 - 14 oz. smoked salmon, cut into strips
 - 4 cups arugula
 - 4 cups baby spinach leaves
 - 1 cup cherry tomatoes
 - 2 small zucchinis
- Vinaigrette
 - 4 Tbsp. olive oil
 - 4 Tbsp. red wine vinegar
 - 1 tsp. Dijon mustard
 - 1/2 tsp. salt
 - 1/2 tsp. pepper

Instructions:

- Cut zucchinis length wise and then into half circles
- Put zucchini into boiling water for 30 seconds and then into ice water to stop the cooking process and then drain
- In a jar add all of the vinaigrette ingredients and screw on the lid, shake well until combined
- In a large bowl mix the arugula, spinach, tomatoes and zucchini, add the vinaigrette and top with smoked salmon
- For meal prep can divide into 4 glass containers



**Turnpaugh
Health**

Caitlyn Kambouroglos

Functional Medicine Registered Dietitian

caitlyn@turnpaughhwc.com

717.879.9899