



Mediterranean Salmon Salad

Flaky salmon, crisp greens, juicy vegetables and a zesty lemon dressing — a fresh, flavorful and nutritious meal.



SERVES
2–3



PREP TIME
15 MIN



COOK TIME
0 MIN
(no cooking needed)



HEALTHY
& DELICIOUS

Ingredients

- 1 (3.9 oz) can Atlantic salmon, drained and flaked
- 4 cups mixed salad greens (romaine, arugula or spring mix)
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1 avocado, diced
- 1/4 cup crumbled feta cheese
- 1/4 cup Kalamata olives (optional)
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp dried oregano
- Salt and pepper to taste

Directions

- 1 In a large bowl, add the mixed greens, cherry tomatoes, cucumber, red onion, avocado and olives (if using).
- 2 Gently flake the drained salmon and add it to the salad.
- 3 In a small bowl, whisk together the olive oil, lemon juice, oregano, salt and pepper.
- 4 Drizzle the dressing over the salad and toss gently to combine.
- 5 Top with crumbled feta cheese and serve immediately.

