



## Sauerkraut Crusted Salmon with Greens

2 servings  
20 minutes

### Ingredients

- 1/4 cup Sauerkraut
- 2 tbsps Whole Grain Mustard
- 12 ozs Salmon Fillet
- 2 tsps Avocado Oil
- 4 cups Mixed Greens
- 1/2 Cucumber (sliced)

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a bowl, mix together the sauerkraut and mustard. Spread over the flesh side of the salmon and press down firmly.
- 3 Heat the oil in a cast-iron or oven-safe pan over medium-high heat. Cook the salmon flesh side down for eight minutes. Flip the salmon over. Transfer the pan to the oven and bake for an additional eight minutes.
- 4 Divide the mixed greens and cucumbers onto plates. Top with the salmon and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately six ounces of salmon and two and a half cups of veggies.

**More Flavor:** Top the greens with your favorite dressing.