

Rainbow Salad with Grilled Wild Caught Salmon



Diabetic Friendly

This beautiful salad is a cacophony of phytonutrients wrapped in a riot of color and boosted by the addition of protein packed wild caught salmon. It's also rich in omega 3 fatty acids and vitamin B12.

Ingredients

4 oz portion of grilled wild salmon
 2 cups mixed **leafy greens** (kale, arugula, butter lettuce, spinach), chopped
 1/3 cup **purple cabbage**, shredded
 1/3 cup **grape tomatoes**, halved
 1/3 cup **golden beets**
 1/3 cup **cucumbers**, chopped
 1/3 cup **celery**, chopped
 1/3 cup **mini peppers**, julienned
 1/3 cup **red onion**, chopped
 1/3 cup **carrots**, shredded
 1/3 cup **avocado**, chopped
 1/8 cup **baby radishes**, thinly sliced
 1/8 cup **quinoa**
 1/8 cup **jicama**
 1/8 cup **blueberries** or **dried low sugar cranberries**
 1/8 cup **whole grain croutons**
 1 tbsp **walnuts**, chopped
 2 tablespoons feta, goat cheese or ricotta insalata (optional)

Instructions

- Add the salad greens to a bowl and top with the remaining veggies, fruits, grains, and seeds.
- For a more formal presentation, arrange them in a linear pattern on a large platter or toss everything together in a large bowl for a more casual setting.
- If you like the added kick of dairy, add a tablespoon or two of feta, goat cheese, or ricotta insalata.
- Top with your favorite dressing.

Nutrition Facts

1 serving per container
Serving size 1 Bowl (791g)

Amount Per Serving
Calories 590

% Daily Value*

Total Fat 29g	37%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 300mg	13%
Total Carbohydrate 50g	18%
Dietary Fiber 16g	57%
Total Sugars 22g	
Includes 0g Added Sugars	0%

Protein 38g

Vitamin D 0.1mcg	0%
Calcium 280mg	20%
Iron 4.7mg	25%
Potassium 1560mg	35%
Vitamin A 2070mcg	230%
Vitamin C 186mg	210%
Vitamin E 3.1mg	20%
Vitamin K 209mcg	170%
Thiamin 0.4mg	35%
Riboflavin 0.8mg	60%
Niacin 11.2mg	70%
Vitamin B6 1.3mg	80%
Folate 170mcg DFE	40%
Vitamin B12 3.6mcg	150%
Pantothenic Acid 3.1mg	60%
Phosphorus 480mg	40%
Magnesium 120mg	30%
Zinc 2.2mg	20%
Selenium 45mcg	80%
Copper 1mg	110%
Manganese 0.8mg	35%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SALMON, GRAPE TOMATOES, CUCUMBER, GOLDEN BEET, CELERY, MINI SWEET PEPPERS, ONION, CARROTS, AVOCADOS, JICAMA, RADISHES, BLUEBERRIES, QUINOA, KALE, WALNUTS, CHEESE, GOAT, HARD TYPE, BUTTER LETTUCE, SPINACH, ARUGULA, CROUTONS, SEASONED

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