


# Grilled Salmon with Arugula Salad

This recipe is part of the **Feast for the Eyes®** collection

- 6 cups arugula, washed and dried
  - 1/2 small red onion, halved and thinly sliced
  - 2 tablespoons sesame seeds
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- 1/4 cup olive oil
  - 2 tablespoons sesame oil
  - 4 tablespoons seasoned rice wine vinegar
  - 1 teaspoon tamari (or 1/2 teaspoon soy sauce)
  - 1 teaspoon fresh minced ginger
  - 1 teaspoon minced garlic
  - 4 salmon fillets or steaks
  - 1 teaspoon grapeseed oil
  - Salt
  - Freshly ground black pepper

To prepare the vinaigrette, whisk the olive and sesame oils, rice wine vinegar, tamari, ginger and garlic.

Prepare the grill. Lightly coat both sides of each fillet with grapeseed oil and season with salt and pepper. Grill skin side down until the skin is crisp, about 5 minutes. Flip and cook the second side 2 minutes, or until done. Toss the arugula with the sesame seeds and vinaigrette, and divide among 4 dinner plates. Top each salad with salmon and serve.

## **Nutritional Profile** *(per serving)*

Serves 4

Calories: 484

Total fat: 35 g

Saturated fat: 5 g

Protein: 36 g

Carbohydrates: 5 g

Fiber: 1 g

Sugars: 3 g

Cholesterol: 94 mg

Sodium: 557 mg

Vitamin A: 784 IU

Vitamin C: 5.4 mg

Vitamin E: 4 IU

Zinc: 1.6 mg

Beta-carotene: 529 mcg

Lutein and zeaxanthin: 1,067 mcg

Omega-3 fatty acids: 2.93 g

# **Grilled Salmon and Arugula Salad Shopping List**

- Arugula (enough for 6 cups)
- Small red onion
- Sesame seeds
- Olive oil
- Sesame oil
- Grapeseed oil
- Rice wine vinegar
- Tamari or soy sauce
- Fresh ginger
- Garlic
- 4 salmon fillets
- Salt
- Fresh black pepper