

# CLEAN IT UP

## LUNCHES THAT LAST

It can be difficult to find time in the day to break for lunch. Dinner isn't the only meal that you can plan for leftovers. Make lunches quick, easy, and healthy by cooking more than one serving and keeping leftovers in the fridge for your busy days. Or share!

### Salmon Spinach Salad with Warm Mustard Vinaigrette

4 servings

#### Ingredients

- 4 salmon fillets, (about 3 oz/ 90 g each)
- ½ tsp pepper
- ¼ tsp salt
- 3 tbsp extra-virgin olive oil
- ½ small red onion, thinly sliced
- 2 tbsp grainy mustard
- 2 tbsp white wine vinegar
- 1 pkg (10 oz/284 g) fresh spinach
- Any additional desired fruits or vegetables



#### Directions

1. Season salmon with half each of the pepper and salt. In large skillet, heat 1 tbsp (15 mL) of the oil over medium-high heat; add salmon, skin side down. Cover and fry, turning once, until fish flakes easily when tested, about 12 minutes. Transfer to plate and keep warm. Drain off fat.
2. In same skillet, heat remaining oil over low heat; fry onion until softened, about 3 minutes. Whisk in mustard, vinegar and remaining salt and pepper.
3. In bowl, toss spinach, and additional vegetables/fruit with vinaigrette. Divide among 4 plates; nestle salmon in centre.

Nutrition Info Per Serving: Cal 241 | Fat 18g | Carb 5g | Pro 16g | Fibre 2g | Sodium 330mg

Source: [www.canadianliving.com](http://www.canadianliving.com)



## Keep it Simple. Eat Clean.