SUPERGREENS! salmon salad

cook time:	prep time:	featured product:
20	**30**	**SUPERGREENS!**

they say the way to someone's heart is through the stomach, so feed your loved ones this hearty salad! this dish is supercharged with dark leafy greens like arugula, spinach and kale from our SUPERGREENS! and loaded with other super foods like salmon, avocado, walnuts and blueberries. finish with a sprinkle of heart-healthy hemp seeds. good and good for you!

ingredients

4 servings

5 oz **organicgirl? SUPERGREENS!**
1 pound fresh salmon, cut into bite-sized cubes
1 medium avocado, sliced
1 cup blueberries
1/2 cup walnut pieces, toasted
3 tablespoons hemp hearts

for the dressing/marinade:

1 teaspoon minced shallots
1/2 teaspoon lime zest
2 tablespoons fresh lime juice
3 tablespoons olive oil
1/4 teaspoon cayenne pepper
salt to taste

directions

1. if possible, use 4 metal skewers, but if using wooden skewers, soak them in water for 30 minutes before grilling to prevent them from catching on fire.

2. light the grill (or preheat broiler).

3. make the dressing by combining all ingredients.

4. in a medium bowl, toss the salmon pieces with 2 tablespoons of the dressing.

5. divide the salmon among 4 skewers.

6. add the avocado pieces and blueberries to the remaining dressing in a bowl large enough for the salad.

7. grill or broil the salmon for two minutes, turn and grill for two more minutes or until the desired doneness is reached.

8. add the greens to the bowl with the avocado and blueberries. toss and divide the salad among 4 dinner plates.
top each salad with the salmon, on or off of the skewers, and a portion of the walnuts and the hemp hearts.

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