

Salmon & Vegetables



Makes:

5 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

7" Santoku Knife

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Recipe:

Contributed By:

Healthy Lifestyle Solutions

Saladmaster Authorized Dealership in Aruba

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Recipe Description:

This nutritious and tasty dish features salmon, which is a favorite among fish lovers. Salmon is a rich source of omega-3 fatty acids, selenium and protein. And only use one Saladmaster pan for easy clean-up!

5 ounces
spinach, washed
(142
g)

5 ounces
kale, washed
(142
g)

4 ounces
okra, sliced in half lengthwise
(113
g)

1 bell pepper (red, orange or yellow), sliced
1 tomato, sliced in thin rounds
¼ head
cabbage, processed, use Cone #3
¼ head

red cabbage, processed, use Cone #3
1 ½ pounds
salmon fillet, sliced into 6 pieces
(680
g)
1 - 2 lemons, cut into wedges
dressing of choice

Directions:

1. Place spinach and kale in skillet. Add okra, bell peppers, tomatoes and cabbage.
2. Place salmon on top of vegetables and add lemon wedges.
3. Pour dressing of choice over top and cover. Turn heat to medium and cook for approximately 20 minutes. When Vapo-Valve™ clicks, reduce heat to low and continue to cook until salmon is cooked through.

Tips:

- To compliment this dish, serve with quinoa and lentils.

Nutritional Information per

▼ Serving

Calories: 227

Total Fat: 5g

Saturated Fat: 1g

Cholesterol: 71mg

Sodium: 148mg

Total 17g

Carbs:

Dietary Fiber: 6g

Sugar: 5g

Protein: 31g

Nutritional analysis does not include dressing