

## 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