Wellnesssleuth Recipes

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GRILLED DIJON CITRUS SALMON & SALAD

INGREDIENTS:

Dijon Citrus Vinaigrette:

6 T. Extra Virgin Olive Oil
1 Lg. Lemon, juiced to yield 3 T. Fresh Lemon Juice
3 t. Dijon Mustard
Sea Salt & Black Pepper To Taste

Grilled Salmon:

4 4-oz. salmon filets (with skin so that it is crispy when cooked)
1 T. Extra Virgin Olive Oil
Sea Salt & Black Pepper To Taste

Salad

3 C. Mixed Salad Greens, torn into bite size pieces
1 Med. Avocado, pitted and sliced
1/2 C. sliced radishes
1/4 C. fresh dill
1/2 C. thinly sliced cucumber
1/4 C. crumbled blue cheese
Black Sesame Seeds, to taste (optional)

Salad Dressing

1/4 C. sour cream
1/2 Lg. Lemon, juiced
Sea Salt & Black Pepper To Taste

DIRECTIONS

- *1. Prepare Dijon citrus vinaigrette by whisking together olive oil, 3 T. lemon juice, and Dijon mustard together in a small bowl. Season to taste with sea salt and black pepper. Set aside.*
- *2.Season salmon filets with salt and pepper to taste. Spoon 1 tablespoon of Dijon citrus vinaigrette over each piece of salmon. Let rest for 5 minutes.*
- 3. Meanwhile, arrange lettuce, avocado, radishes, dill, cucumber on serving plates. Set aside.
- *4. Heat one tablespoon olive oil in stove-top grill pan over medium heat. Add salmon filets and cook 3-5 minutes per side to desired degree of doneness.*
- *5. Add one salmon filet to each salad plate.*
- *6. Add a few dollops of salad dressing to each salad.*

DIRECTION: CONTINUED

- ***7. Sprinkle each salad with blue cheese and sesame seeds.***
- ***8. Lightly drizzle salmon (and salad) with additional Dijon Citrus Vinaigrette, if desired***
- **Enjoy.**

GRILLED POLENTA CROSTINI

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. Click here

EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! Click here

MIXED BERRY SALAD WITH RASPBERRY VINAIGRETTE

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. Click here