

# Salmon Strawberry Spinach Salad



**PREP TIME:**  
15 MINUTES

**COOK TIME:**  
10-15 MINUTES

**TOTAL TIME:**  
30 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

## **Salmon Ingredients:**

- 1 ½ - 2 lbs. Wild Caught Salmon Sliced into 4-6 Serving Fillets
- ½ Cup Brown Rice Flour (*or Coconut Flour*)
- 1-2 TBSP Extra Virgin Olive Oil
- 1 teaspoon Salt
- Cracked Pepper to Taste
- 1 teaspoon Garlic Powder
- 1 ½ teaspoon Basil Dried or 4-5 Leaves Fresh Sliced Thin
- ½ of a Medium Lemon

## **Dressing Ingredients:**

- ¼ Cup Balsamic Vinegar
- ½ Cup Extra Virgin Olive Oil
- 2 TBSP Coconut Sugar
- ½ Teaspoon Himalayan Sea Salt
- 1 Scoop Collagen (*I use TruVani Marine Collagen*)
- 1 TBSP Poppy Seeds
- 1 TBSP Red Onion – Minced

## **Salad Ingredients:**

- 10 Oz. Package Organic Baby Spinach
- Pint Organic Strawberries – Sliced
- 2-3 Oz. Organic Goat Cheese
- ½ Cup Slivered Almonds
- 2 Baby Cucumbers - Chopped

### **Salmon Instructions:**

1. Lay out salmon fillets and sprinkle salt, garlic powder, basil and pepper on both sides.
2. Spread out rice flour on large plate. Roll each salmon fillet into flour – covering all sides. Shake off extra flour.
3. Drizzle olive oil in large skillet. Warm up pan until get a sizzle (water drop test does the trick).
4. Place all 4 fillets into pan. Let cook 5-7 minutes on the first side, then flip over.
5. Immediately after flipping, squeeze the fresh lemon onto each fillet. Cover the pan with lid and let cook another 5-8 minutes.
6. Remove from heat.

### **Dressing Instructions:**

1. Pour all dressing ingredients into a mason jar. Screw lid on and shake until combined.

### **Salad Instructions:**

- In a large salad bowl, first pour in spinach. Next add chopped cucumbers and strawberries.
- Crumble goat cheese over salad mixture.
- Add slivered almonds and lightly toss.
- Portion into salad bowls.
- Top each salad with salmon filet.
- Drizzle each salad with 2 TBSP of dressing.
- \*Reserve any remaining dressing in the fridge. Let thaw out at least 30 minutes before using again.

**\*Try and use all organic ingredients if possible.**

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