

Anti-Inflammatory Salmon Salad (Main)

Prep time: 15 minutes

Cook time: 10 minutes

Serves 4

Salmon and fresh salad is the perfect meal for the mind, as it's light on calories and heavy on brain-healthy ingredients. This duo makes for a great lunch or dinner. We love how the spicy salmon pairs with the sweet maple dressing. Serve with red quinoa for a slightly heartier meal

Salmon

- 1 tsp. paprika
- 1 tsp. ground cumin
- ½ tsp. cayenne pepper
- ¼ tsp. sea salt (optional)
- 4 (4oz.) boneless, skin-on salmon fillets
- 1 tbsp. extra-virgin olive oil

Salad

- 4 cups baby spinach
- 1 head Bibb lettuce, lightly chopped
- 1 cup fresh or thawed frozen corn
- 2 cups halved grape tomatoes

Dressing

- ¼ cup extra-virgin olive oil
- Juice of one lime
- 1 tbsp. pure maple syrup
- 2 avocados, peeled, pitted and sliced
- 2 limes, quartered for serving

1. In a small bowl combine the paprika, cumin, cayenne and salt.
2. Gently rub spice mixture onto the flesh side of the salmon filets.
3. Heat the oil in a large saute pan over medium heat.
4. Place the filets, skin-side up in the pan.
5. Cook for 4 minutes, then flip the filets.
6. Reduce the heat to low, cover and cook for another 4-6 minutes or until just cooked through.
7. In a medium bowl, combine the spinach, lettuce, corn and tomatoes.
8. Pour the dressing over the salad and toss.
9. Evenly divide the salad among four plates. Top each with a salmon fillet and a few avocado slices and serve with the lime wedges on the side.

Recipe from: Diet for the MIND, Dr. Martha Clare Morris