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  
⅛ 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