



# CHRISTOPHER CREEK

*Spice Company*

## Mid-Week Meals

### Salmon Spinach Salad

Makes 4 Servings



1 1/2 - 2 pounds skin-on Salmon Fillet  
3 Roma Tomatoes, seeded and chopped  
Spinach, washed  
Cucumber, thin slice  
Carrot, julienned  
Green Onion, sliced  
Avocado  
Lemon  
Cranberries, dried  
Balsamic Vinaigrette  
Olive Oil



Remove the salmon from the refrigerator and pat dry with paper towels. Cut the salmon into portion sizes...about 8oz each. Lightly rub each piece with the olive oil. Liberally season the oiled salmon with Fowl Rub. Cover the salmon with plastic wrap and return to refrigerator for 10 minutes.

Prepare grill for direct medium-high cooking, which is when the heat source is directly under where the salmon will cook.

Place the salmon skin side down on the grill over direct medium-high heat and cook with the grill lid on for 4 – 8 minutes. The salmon should be just firm to the touch. Use a spatula and slide it between the fish and the skin to remove from grill. Let the salmon rest at room temperature for 2 minutes.

Place the salmon on a bed of spinach. Squeeze lemon juice on each plate and then top with the tomatoes, cucumber, carrot, green onion, cranberries and avocado.

Finish this salad with a light drizzle of your favorite balsamic vinaigrette...Enjoy!

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