



## **Salmon, Fresh Chilean Blueberries and Lemon Salad with Chive Vinaigrette**

### INGREDIENTS

8 cups salad greens, in small pieces  
1 lb salmon fillet, poached  
1-1/2 cups fresh blueberries  
lemon zest to garnish

### VINAIGRETTE

2 Tbsp. fresh lemon juice  
1/2 cup olive oil  
2 Tbsp. white wine vinegar  
salt and pepper to taste  
1 Tbsp. fresh chives

### INSTRUCTIONS

Divide salad greens on four salad plates. Tear salmon into medium pieces and arrange on greens.



Sprinkle on blueberries. Top with lemon zest. In a jar with a lid, add all vinaigrette ingredients. Shake well. Serve salads chilled with the dressing alongside.

SERVES 4

### NUTRIENTS PER SERVING

493 calories, 315 calories from fat, 35 gms fat, 5 gms saturated fat, 64 mg cholesterol, 212 mg sodium, 4 mgs dietary fiber, 31 gms protein

*Recipe from the Chilean Fresh Fruit Association*



[www.ChileanFruitOnline.com](http://www.ChileanFruitOnline.com)