

Super-Food Dinner Super- Fast



This Delicious, disease fighting, anti-aging dinner can be created in less than 15 minutes.

Salmon:

1 Large Salmon fillet

Juice of one lemon

1 tablespoon fresh chopped parsley

Pinch of kosher salt

Fresh ground pepper

Wrap in foil, cook over medium heat 7-10 minutes until it starts separating.(Don't over cook)

Salad:

1 Bag Organic mixed greens

Strawberries

Blueberries

Raspberries

Sliced tomatoes

Sliced cucumbers

Sliced avocado

Cherries

Sliced almonds

Use desired amounts of fruit and veggies

Dressing:

1 cup olive oil

1/3 cup balsamic vinegar

1 t. salt

1 clove crushed garlic

1 teaspoon honey

Whisk above ingredients, you will have extra to store in refrigerator