

Grilled Salmon and Peach Salad



This recipe makes a perfect flat-abs meal. Fresh greens, grilled peaches and tender salmon make a mouth-watering combination. Enjoy for lunch or dinner.

Servings: 1

Here's what you need:

- 2 cups mixed greens
- 1/4 cup grilled peaches
- 1 Tablespoon blue cheese crumbles
- 1 Tablespoon dried cranberries
- 1 Tablespoon light salad dressing
- 7 oz grilled salmon

Toss the greens, peaches, blue cheese, and cranberries in a bowl with salad dressing. Top with grilled salmon.

Nutritional Analysis

One serving equals: 365.3 calories, 14.5g fat, 404mg sodium, 15g carbohydrate, 2g fibre, and 39.7g protein.

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