



*See Sunday prep instructions

MONDAY: GRILLED SALMON SALAD

Prep: 10 min Grill: 15 min Serves: 4

- 4 Atlantic salmon portions, skinless
- 1/2 tub (227 g) Longo's Garlic Hummus
- 1 jar (370 mL) Longo's Sliced Roasted Peppers, drained
- 1 pkg (142 g) Longo's Organic Baby Arugula
- 1/4 cup Longo's Balsamic Dressing

Sprinkle salmon all over with 1/2 tsp each salt and pepper.
Spread top of salmon with hummus.

Place a few roasted pepper slices on top of each fillet.

Toss remaining peppers with arugula; set aside.

Place salmon on greased preheated grill over medium heat; close lid and grill for about 15 minutes or until fish flakes when tested.

Toss salad with dressing and divide among 4 plates.
Top each with salmon to serve.



\$5.69/
serving

Per serving: 310 calories; 22 g protein; 18 g fat;
13 g carbohydrate; 2 g fibre; 6 g sugars;
800 mg sodium.