



Honey Garlic Salmon + Spinach Salad

Ingredients

- 1/4C butter
- 1/4C honey
- 3 minced garlic cloves
- Juice of ½ of lemon, plus 1 lemon cut
- 4, 6 oz salmon filets
- Salt and pepper
- 1 medium box Baby spinach
- 1 quart strawberries, 1 pint raspberries, 1 pint blueberries
- Feta cheese
- Sliced or slivered almonds
- Raspberry vinaigrette dressing

Preparation

1. Have all ingredients ready because this moves quickly.
2. Melt butter in cast iron or skillet over medium heat until lightly browned. Add honey and dissolve. Add garlic and saute about 1 min. Add lemon juice and stir well.
3. Add salmon fillets, skin side down, for 3-4 min or until brown. Bast the tops with butter sauce. Season with salt and pepper.
4. Add lemon wedges around salmon. Transfer pan to oven to broil 5-6 minutes or until nicely charred. If not using cast iron, continue to cook in skillet until done.
5. For salad, chop spinach and put in salad bowl. Slice and add strawberries. Add raspberries and blueberries. Toss. Top with feta cheese, almonds and dressing.

Tips

The salad won't last long as leftovers. To keep longer than 1 day, keep fruit separate from spinach and assemble in individual plates. Chopped greens will sub for spinach.