



# Salmon Cobb Salad with Spinach and Feta



## Nutrition facts per serving



485 calories	12.3 g carb	36.7 g total fat	30.7 g protein	343 mg sodium	5.6 gm Fiber
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### For the Fish

4 (3-4 oz) salmon fillets  
Olive oil  
1 garlic clove minced  
fresh ground pepper to taste

### For the Salad

4 c baby spinach  
4 c torn romaine lettuce  
2 hard-boiled eggs  
4 slices turkey bacon cooked to a desired crispness and crumbled  
2 c cherry tomatoes  
1/2 c crumbled fat free feta cheese  
1 avocado cut in slices  
1 lemon cut in slices

### For the Dressing

1/4 c Extra Virgin Olive Oil  
2 tbs Red Wine Vinegar  
1 tbs lemon juice  
1 tsp Worcestershire sauce  
1 tsp Dijon mustard  
1 garlic clove minced  
fresh ground pepper to taste

Servings Made: 4      Serving Size: varied

### **Instructions:**

Preheat oven to 425F. Line a roasting pan or baking sheet with foil. Drizzle some oil over the top of each salmon, just enough to coat the salmon. Sprinkle the salmon with pepper and rub in the minced garlic. Place salmon in previously prepared pan, skin-side down; transfer to the oven. Roast for 15 to 18 minutes, or until salmon flakes easily with a fork. Remove from oven and set aside.

In the meantime, prepare the salad. Arrange baby spinach and lettuce in a large salad bowl. Top with prepared salmon, eggs, crumbled bacon, tomatoes, feta and avocado. Set aside.

In a small mixing bowl or a jar with a lid combine extra virgin olive oil, red wine vinegar, lemon juice, Worcestershire sauce, mustard, minced garlic, salt and pepper; whisk until thoroughly incorporated. If using a jar, close it with a lid and shake the jar until well combined. Pour dressing over the salad, garnish with lemon slices, and serve.