

Beat the Heat with This Cool Summer Meal!



Chilled Salmon with Mandarin Slaw

Serves: 4 | Serving Size: 1 plate

Ingredients:

4 3-ounce pieces of salmon, grilled and chilled
1 tablespoon light mayonnaise
1 tsp light soy sauce
1 tablespoon rice wine vinegar
1 tsp honey
2 cups shredded cabbage
1/2 cup mandarin oranges, drained
1 cup cooked chopped spaghetti noodles, chilled
2 tablespoons of chopped green onion
Basil pesto sauce

Directions:

Stir the mayonnaise, soy sauce, rice wine vinegar, and honey together in a bowl. Add the cabbage, oranges, spaghetti, and green onion and mix well.

Plate the dish with a little basil pesto sauce, salmon, and slaw.

Nutrition Information:

Serves 4. Each serving has 622 calories, 36g fat, 8g saturated fat, 0g trans fat, 142mg cholesterol, 228mg sodium, 17g carbohydrate, 2g fiber, 5g sugars, and 55g protein.

Each serving also has 10% vitamin A, 51% vitamin C, 4% calcium and 11% iron.

Chef's Tips:

This delicious chilled summer salmon dish looks so fancy but it is very easy to prepare.

Garnish with radish micro-greens.

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