**Summer Berry Salmon Salad**

**Ingredients**

*Salad*
- 4 cups baby spinach
- 1 cup berries, sliced if necessary (blueberries, strawberries, blackberries, etc.)
- Few thin slices of red onion
- 1 can or packet salmon (wild caught, if possible), drained
- ½ cup slivered almonds or pepitas (pumpkin seeds) or sunflower seeds

*Dressing*
- ⅓ cup extra virgin olive oil
- 2 teaspoons whole grain mustard (or Dijon mustard)
- 2 Tablespoons rice wine or white wine vinegar
- 1 teaspoon honey or pure maple syrup
- 2 teaspoons fresh tarragon for dressing (extra for garnish)
- Salt & pepper, to taste

**Directions**

1. Prepare and place salad ingredients in a large salad bowl
2. In a lidded jar or small/medium bowl, add dressing ingredients and shake or mix until well-combined.
3. Dress salad and enjoy!

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Preparation Guide

This guide will ensure that you have everything you need to make a successful meal, before you begin cooking. Start by reviewing the checklist below and mark off any equipment or ingredients that you already have stocked in your fridge, freezer or pantry. Then, take this guide with you to the grocery store for a simple shopping list.

Equipment

- Zester or fine grater, for zesting limes
- Citrus juicer or knife, for juicing limes
- Measuring cups
- Measuring spoons
- Blender

Grocery List

- 1 ripe banana
- 4 key limes
- 5 ounce package of organic baby spinach
- Unsweetened non-dairy milk (1 cup; Almond or Coconut)
- Sunflower butter (1 tablespoon)
- Alcohol-free vanilla extract (1/4 teaspoon)
- Liquid Stevia (2 drops), ground xylitol (1 tablespoon), or 1 pitted Medjool date

*Optional ingredients