

# SUPERFOOD CHOPPED SALAD WITH SALMON AND CREAMY GARLIC DRESSING

Preparation: 15 minutes | Cooking: 15 minutes | Servings: 4

## INGREDIENTS

<i>1 pound salmon filets</i>	<i>2 tablespoons</i>
<i>1 medium garlic clove, minced</i>	<i>lemon juice</i>
<i>8 cups chopped curly kale</i>	<i>2 tablespoons ground parmesan</i>
<i>2 cups chopped broccoli</i>	<i>1 tablespoon finely chopped fresh parsley</i>
<i>2 cups chopped red cabbage</i>	<i>1 tablespoon snipped fresh chives</i>
<i>2 cups finely diced carrots</i>	<i>2 teaspoons reduced sodium tamari or soy sauce</i>
<i>1/2 cup sunflower seeds, toasted</i>	<i>1/4 teaspoon ground pepper</i>
<i>1/2 cup low-fat plain yogurt</i>	
<i>1/4 cup mayonnaise</i>	



## INSTRUCTIONS

Arrange rack in upper third of oven. Preheat broiler to high. Line a baking sheet with foil. Place salmon on the prepared baking sheet, skin-side down. Broil, rotating the pan from front to back once, until the salmon is opaque in the center, 8 to 12 minutes. Cut into 4 portions. Meanwhile, whisk yogurt, mayonnaise, lemon juice, parmesan, parsley, chives, tamari (or soy sauce), garlic and pepper in a small bowl. Combine kale, broccoli, cabbage, carrots and sunflower seeds in a large bowl. Add 3/4 cup of the dressing and toss to coat. Divide the salad among 4 dinner plates. Top each with a piece of salmon and about 1 tablespoon of the remaining dressing.