Zesty Grilled Salmon Salad Bowl

A light and flavorful grilled salmon fillet served on a bed of fresh mixed greens and crisp cucumber, perfect for a healthy, high-protein meal.

Servings: 2 **Time:** 20 minutes

Ingredients

- 2 6-oz salmon fillets
- 4 cups mixed greens
- 1 large cucumber, thinly sliced
- 1 tablespoon olive oil
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- Salt and black pepper to taste
- 1 tablespoon chopped fresh dill
- 1 teaspoon garlic powder

Instructions

1. Preheat grill pan or stovetop skillet over medium-high heat.
2. Brush salmon fillets with olive oil and season with salt, pepper, garlic powder, and lemon zest.
3. Grill salmon for 4-5 minutes per side until cooked through and flaky.
4. In a small bowl, whisk together lemon juice, Dijon mustard, and a pinch of salt and pepper to make dressing.
5. On two plates, evenly divide mixed greens and cucumber slices.
6. Place grilled salmon fillets atop the greens.
7. Drizzle lemon dressing over the salad and sprinkle with chopped dill before serving.

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