Simple Grilled Salmon Salad with Olive Oil Dressing

A fresh, low-carb salad featuring perfectly grilled salmon, crisp greens, cucumber, and tomato, dressed with a light olive oil vinaigrette.

Servings: 2 **Time:** 20 minutes

Ingredients

- 10 oz salmon fillet
- 4 cups mixed fresh greens
- 1 medium cucumber, sliced
- 1 cup cherry tomatoes, halved
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and pepper to taste
- 1 tsp olive oil (for grilling)

Instructions

1. Preheat stovetop grill pan over medium-high heat and lightly brush with 1 tsp olive oil.
2. Season salmon with salt and pepper on both sides.
3. Grill salmon 4-5 minutes per side or until cooked through and flakes easily. Remove and let rest.
4. In a small bowl, whisk together 2 tbsp olive oil, lemon juice, Dijon mustard, salt, and pepper to create dressing.
5. In a large bowl, combine fresh greens, cucumber slices, and cherry tomatoes.
6. Flake salmon into large chunks and add to the salad.
7. Drizzle olive oil dressing over salad and toss gently to combine.
8. Serve immediately.

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