



Weekly Recipe Challenge



Crispy Salmon with Avocado and Grapefruit Salad (courtesy of WebMD)



Ingredients

Prep: 10 minutes | Cook: 10 minutes | Total Time: 20 minutes

- 1 tablespoon grapefruit juice
- 1 tablespoon orange juice
- 1 tablespoon lemon juice
- 1 tablespoon Greek yogurt
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 2 salmon filets
- 1 head Bibb lettuce
- 1/2 English cucumber, thinly sliced
- 1 grapefruit, segmented
- 1/2 avocado, sliced

Instructions

1. Mix together citrus juices, Greek yogurt, garlic and salt & pepper. Set aside.
2. Heat oil in pan until hot. Season salmon with salt & pepper. Sear salmon, skin side down for about 6 minutes, flip over and heat until cooked through, about 4 more minutes.
3. Assemble lettuce, cucumber, grapefruit and avocado.
4. Drizzle with dressing.



Nutritional Information

Makes: 4 servings

- **Calories** 231
- **Carbohydrates** 8.3g (Dietary Fiber 1.6g)
- **Cholesterol** 175mg
- **Fat** 9.1g (Saturated Fat, 1.8g)
- **Sodium** 34mg
- **Protein** 30g