

## Pan-Seared Salmon, Green Beans and Tomato Salad

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24 oz	salmon	1½ cloves	garlic, minced
3 oz	lime and cilantro dressing (see recipe)	¾ cups	parsley, chopped
6 cups	green beans, steamed	1½ Tbsp	extra virgin Olive Oil
1½ cups	tomatoes, chopped	1½ cups	cucumbers, seedless, diced
3 Tbsp	capers	1/8 tsp	sea salt, to taste
¾ cup	red onions, chopped	1/8 tsp	black pepper, coarse ground, to taste



### Procedure

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- 1 Marinate salmon with half the dressing overnight.
- 2 On clean grill, cook salmon until inside is just turning.
- 3 Mix all remaining ingredients together with exception of the green beans. Let rest at least 1 hour before service.
- 4 Steam green beans until al dente.

Servings: 6

### Nutrition Facts

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Serving size: 1/6 of a recipe.

Amount Per Serving	
<b>Calories</b>	<b>344</b>
	% Daily Value
<b>Total Fat 20g</b>	<b>31%</b>
<b>Sodium 361mg</b>	<b>15%</b>
<b>Total Carbohydrates 11g</b>	<b>4%</b>
<b>Fiber 3g</b>	<b>12%</b>
<b>Protein 30g</b>	<b>60%</b>

### Recipe Type

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Fish & Seafood, Seafood