

# the Chef's

healthy  
choice

## Cajun Salmon with Orange Vinaigrette

### Ingredients (Serves 6):

- \* 6 ea. Salmon 4 oz.
- \* 3/8 Cup Olive Oil
- \* 1 1/2 tsp Ginger Root
- \* 1 Tbsp Rice Wine Vinegar
- \* 3/4 Cup Orange Juice
- \* 1 1/2 tsp Honey
- \* 1 1/2 Cup Green Peppers
- \* 1 1/2 Cup Red Onions
- \* 1 1/2 Cup Carrot, Shredded
- \* 1 1/8 lb Mixed Greens



### Directions:

Mix 1.5 tsp onion powder, ground thyme, cayenne pepper, oregano, red hot chili peppers, paprika and 1 Tbsp coriander, garlic and ground cumin together, dust the salmon and bake at 350 F. Blend honey, juice, vinegar, ginger and slowly add the olive oil. In a bowl mix lettuce, shredded carrots, julienne onions, peppers and the dressing. Portion and top with the Cajun salmon.

### Nutrition facts per 6 oz serving:

Calories 204 kcal, Carbohydrates 18g, Protein 3g, Fat 14g, Sodium 54mg, Fiber 4g