



Pan-Seared Salmon with Pico and Mixed Greens

Ingredients

Salmon fillet 6-8 oz.
Extra-virgin olive oil, 1 tbsp
Pico de gallo 1/4 cup
Organic mixed greens 2 cups
Salt and pepper (optional)

Directions

1. Place the olive oil in a cast-iron skillet and heat on medium high.
2. Sprinkle the salmon with salt and pepper and set it in the pan skin-side down and cook, without moving, until the sides are cooked just past halfway up the filets.
3. Flip the fillet skin-side down and cook until the sides are fully cooked.
4. Remove from the heat for a medium-rare temperature. Let the salmon cool slightly.
5. Serve the salmon over a bed of mixed greens and sprinkle the pico de gallo over top.

Nutrition Facts

Serving size: 1 serving
Recipe yields 1 serving

Calories 403
Fat 36 g
Carbs 7 g
Protein 35 g