

SALMON COUSCOUS SALAD

From [eatingwell.com](https://www.eatingwell.com)

This healthy and easy salad is designed to be made with precooked or leftover salmon. To quickly cook salmon, lightly brush with olive oil, then roast in a 450 degrees F oven until the fish is opaque and firm, 8 to 12 minutes.

Servings Size: 1

Total: 10 mins | Active: 10 mins



INGREDIENTS

- ¼ cup sliced cremini mushrooms
- ¼ cup diced eggplant
- 3 cups baby spinach
- 2 tablespoons white-wine vinaigrette, divided (see Tip)
- ¼ cup cooked Israeli couscous, preferably whole-wheat
- 4 ounces cooked salmon
- ¼ cup sliced dried apricots
- 2 tablespoons crumbled goat cheese (1/2 ounce)

DIRECTIONS

Coat a small skillet with cooking spray and heat over medium-high heat. Add mushrooms and eggplant; cook, stirring, until lightly browned and juices have been released, 3 to 5 minutes. Remove from heat and set aside.

Toss spinach with 1 Tbsp. plus 1 tsp. vinaigrette and place on a 9-inch plate.

Toss couscous with the remaining 2 tsp. vinaigrette and place on top of the spinach. Place salmon on top. Top with the cooked vegetables, dried apricots, and goat cheese.

TIPS

To make a quick white-wine vinaigrette, whisk 2 Tbsp. white-wine vinegar with 1/8 tsp. each salt and pepper. Slowly whisk in 1/4 cup extra-virgin olive oil until blended. Extra dressing will keep, covered, in the refrigerator for up to 5 days. Bring to room temperature before using.

NUTRITION FACTS

Per Serving: 464 calories; protein 34.8g; carbohydrates 34.7g; dietary fiber 5.9g; sugars 18.9g; fat 22.1g; saturated fat 5.2g; cholesterol 68.9mg; vitamin a iu 9958.6IU; vitamin c 27.5mg; folate 202.3mcg; calcium 183.4mg; iron 4.5mg; magnesium 125.8mg; potassium 1488.8mg; sodium 352.1mg.



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