



Teriyaki Salmon Cucumber Salad

SALAD
GLUTEN FREE, DAIRY FREE

serves: 2
active time: 10 min.
total time: overnight (to marinade salmon)

INGREDIENTS

SALAD

- 2 Tablespoons black or white sesame seeds
- 2 cucumbers, spiraled or julienned
- 1 small head romaine lettuce, chopped/shredded
- 1 small head bok choy, chopped/shredded
- 3 scallions, thinly sliced
- handful of fresh cilantro, chopped
- 9 oz teriyaki salmon, cooked and shredded
- 1/2 avocado

SESAME SALAD DRESSING

- 5 Tablespoons sesame oil or extra virgin olive oil
- 2 Tablespoons toasted sesame oil
- juice of 1 lime or 3 Tablespoons lemon juice
- 2 teaspoons raw runny honey
- 1 teaspoon tamari

TERIYAKI SAUCE FOR SALMON

- 1/2 cup Tamari Soy Sauce (gluten free)
- 1/2 cup maple syrup
- 1 clove garlic
- 1 inch fresh ginger

INSTRUCTIONS

FOR SALMON

1. Marinate salmon in teriyaki sauce overnight.
2. Bake salmon at 400 degrees until cooked through (about 15 min). *Optional: for added flavor, bake salmon with chopped green onions covering top.
3. Shred or chop salad for salad.

FOR SALAD

1. Gently toast sesame seeds in a dry pan until fragrant. Set aside.
2. Whisk all salad dressing ingredients together.
3. Add lettuce, boy choy, scallion and cilantro to a large bowl. Pour dressing over and toss until mixed through.
4. Top with teriyaki salmon, sesame seeds, and sliced avocado.