

Buffalo Salmon Salad (Lettuce Wraps or Grain Free Sandwiches)

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Servings: 2

Prep & Cook Time: About 15 minutes

Ingredients:

- 6 oz Wild Caught Alaskan Salmon
- 2 teaspoons Organic Coconut Oil (hexane free)
- 3+ Tablespoons Organic Mayo made with Avocado Oil
- 1+ Tablespoons Franks Red Hot Sauce, Original
- 1/3 stalk Organic Celery, minced
- 4 Tablespoon Green Onions, minced (avoid white part)
- 1 Tablespoon Fresh Organic Cilantro, minced
- 1/2 large Avocado, sliced
- 2 large Organic Romain/Butter Lettuce Leaves, washed & patted dry OR 4 slices 'Gut Friendly' bread
- Dash Himalayan Pink Sea Salt
- Dash Organic Black Pepper
- Dash Organic Smoked Paprika

Instructions:

1. Preheat the oven to 400 degrees F.
2. Place your salmon fillets in a baking dish and generously sprinkle with salt and pepper. Bake for 15-20 minutes or until salmon flakes easily with a fork
3. Remove from oven and allow to cool in the refrigerator for about 10 minutes. While salmon is cooling, chop the green onions, cilantro, and celery and add to a medium bowl. Add the mayo, hot sauce and season to taste with salt, pepper & smoked paprika.
4. Add salmon to bowl of chopped onions, celery, chopped cilantro and seasonings and flake with a fork into small pieces. Mix well and taste test in case more seasoning or mayo needs to be added.
5. Rinse your lettuce leaves and pat dry. (Or if you're making sandwiches, slice 4 pieces of toasted 'Gut Friendly' bread).
6. Save half the Buffalo Salmon Salad for another meal (tomorrow's lunch - store in fridge), and evenly divide the other half of the salmon salad onto 2 lettuce leaves

or 4 slices of Gut Friendly bread. Top with a 1/2 avocado, sliced or mashed - sprinkled with salt, pepper & smoked paprika.

7. Enjoy!