

Dijon Salmon Salad (Lettuce Wraps or Keto Sandwiches)

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Servings: 2

Prep & Cook Time: 15 minutes max

Ingredients

- 6 oz Wild Caught Alaskan Salmon
- 2 teaspoons Organic Coconut Oil (hexane free)
- 3+ Tablespoons Organic Mayo made with Avocado Oil
- 1/2-1 teaspoon Organic Dijon Mustard
- 1/3 stalk Organic Celery, minced
- 4 Tablespoon Green Onions (avoid white part) minced
- 1 Tablespoon Fresh Organic Parsley, minced
- 1 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.
4. In a large bowl, add salmon and flake with a fork into small pieces. Add to bowl of chopped green onions, celery and seasonings. 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 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!

