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### **Salmon Salad with Cottage Cheese Dressing**

Crunchy veggies, buttery salmon, and a creamy cottage cheese dressing make for a crave-worthy salad. This salad packs enough protein to make it extra filling and leave your muscles fueled and ready to perform later in the day.

Prep Time: 20 min. Cook Time: 12 min.

#### **Ingredients**

2 6-oz. salmon fillets  
4 cups salad greens  
1 cup halved cherry tomatoes  
1 cup chopped cucumber  
1 medium chopped carrot  
1 cup chopped pineapple  
1 sliced green onion  
Salt and pepper to taste

#### **Cottage Cheese Dressing**

1/3 cup cottage cheese  
2 tsp extra virgin olive oil  
2 tbsp water  
1 tsp lemon juice  
3 tbsp chopped dill  
1 minced garlic clove  
1/4 tsp black pepper

#### **Directions**

1. Preheat oven to 400 degrees F.
2. Line a baking sheet with aluminum foil or parchment paper. Spray or grease surface.
3. Place salmon fillets skin side down on the baking sheet and season with salt and pepper.
4. Bake salmon for 12 minutes or until just barely cooked through the center.
5. When the salmon is cool enough to handle, gently break apart flesh into 1-inch chunks.

6. Divide salad greens, tomatoes, cucumber, carrot, pineapple, and green onion between serving plates.

7. Top salads with salmon.

8. Prepare dressing by whisking together cottage cheese, olive oil, water, lemon juice, dill, garlic, and black pepper.

Distribute cottage cheese dressing over salad and salmon. Serve.