



## Salmon with Warm Lentil Salad

*Here's a rustic, simple, and healthy recipe using salmon. Think French bistro! Fast-cooking and tasty, lentils are rich in low-fat protein, cholesterol-lowering fiber and iron.*

- 1 cup green lentils, rinsed**
- Salt and black pepper**
- 2 tbs plus 1 tsp extra virgin olive oil**
- 1 ¼ lb salmon fillet, cut into 4 pieces**
- 2 tbs red or white wine vinegar**
- 2 tsp Dijon mustard**
- ¼ red onion, chopped**
- ½ cup chopped fresh flat-leaf parsley**
- 1 bunch arugula, torn, or use spinach – about 4 cups**
- 1 lemon, cut into wedges**

Bring 4 cups water to a boil. Add the lentils and 1 tsp salt and simmer, stirring occasionally, until tender, 20-25 minutes, drain. Meanwhile, heat 1 tsp oil in a large nonstick skillet over medium-high heat. Season the salmon with ¼ tsp each salt and pepper and cook until opaque throughout, 4-5 minutes per side. In a large bowl, combine the vinegar, mustard, onion, parsley, the remaining 2 tbs of oil, and 14 tsp each salt and pepper. Add the lentils and arugula to the vinaigrette and toss to combine. Serve with the salmon and lemon wedges.

*From Real Simple Magazine, more at [www.realsimple.com/recipes](http://www.realsimple.com/recipes)*