

## **Salmon with Rosemary Sensation Salad**

### **Wild Caught Alaska Salmon**

1. Sprinkle Salmon with salt and pepper.
2. Then heat 1 tablespoon of olive oil and 1 tablespoon of butter in a pan and cook the salmon for about 4 minutes on both sides.
3. Squeeze some lime juice on each of the filets.

### **Sensation Salad**

Thinly slice 2 green onions (save the rest for the Mongolian Beef)

Toast pine nuts in a sauce pan for 2 minutes on medium heat. They will burn fast, so keep an eye on them.

Wash salad greens

Add salad greens, onions, and pine nuts to a salad bowl and toss with the sensation dressing.

You may not want to use all the greens. You can save some and use them later in the week. I gave you a lot of greens this week. 😊

### **Plate**

Add your salmon to a plate and add some of your salad to the side. Enjoy!!