



Elliott Evans Nutrition, LLC
Prevent and Protect
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SPINACH SALAD, WITH SALMON, BARLEY, AND ORANGES

(REALSIMPLE.COM) Serves 4

2/3 cup quick-cooking barley
2 tablespoons plus 1 teaspoon olive oil
4 4-ounce pieces skinless wild salmon fillet
Kosher salt and black pepper
2 naval or blood oranges
2 tablespoons red wine vinegar
6 cups baby spinach
1/2 cup fresh cilantro sprigs
1/2 avocado, sliced
2 scallions, thinly sliced

- Cook barley according to the package directions. Spread on a plate and refrigerate until cool.
- Meanwhile, heat 1 teaspoon of the oil in a large cast-iron or other nonstick skillet over medium heat. Season the salmon with 1/4 teaspoon of salt and 1/8 teaspoon pepper and cook until opaque throughout, 3-5 minutes per side. Transfer to a plate and refrigerate until cool. Using a fork, flake the salmon into bite-size pieces.
- Cut away the peel and pith of the oranges. Working over a small bowl, cut along both sides of each orange segment, releasing the segments into the bowl.
- Transfer 2 tablespoons of the accumulated orange juice to a large bowl and whisk in the vinegar, the remaining 2 tablespoons of oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- Add the spinach, cilantro, avocado, orange segments, scallions, and cooked barley; toss gently to combine. Serve topped with the salmon.