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**Prevent and Protect**  
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## **SALMON WITH BOK CHOY AND APPLE SLAW**

Serves 4

- 1     teaspoon olive oil
- 1 ¼   pounds skinless salmon fillet, cut into 4 pieces
- ½     head bok choy, thinly sliced (about 6 cups)
- 1     red apple, cut into bite-size pieces
- 4     scallions, thinly sliced
- 1/3   cup plain low-fat yogurt
- 2     tablespoons fresh lemon juice

- Heat the oil in a large nonstick skillet over medium-high heat. Season the salmon with ¼ teaspoon each salt and pepper and cook until opaque throughout, 3 to 4 minutes per side.
- Meanwhile, in a medium bowl, toss the bok choy, apple, and scallions with the yogurt, lemon juice, ½ teaspoon salt and ¼ teaspoon pepper.
- Serve with the salmon.