

### Salmon, Artichoke & Bean Salad: 15 Minute Meal



#### **INGREDIENTS:**

1 jar (14 oz.) marinated, quartered artichoke hearts  
1 jar or can (16 oz.) marinated bean salad  
1-1/2 teaspoons Dijon-style mustard  
1/2 teaspoon ground cumin  
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked  
1 package (10 oz.) ready-to-eat salad greens or spinach leaves

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#### **DIRECTIONS:**

Dressing: Drain liquid from artichokes and beans into a small bowl or pitcher. Blend in mustard and cumin.

Salad: In separate bowl, combine beans, artichokes, salmon and dressing. Portion 2 cups greens onto each of four plates. Top each plate of greens with 1-1/4 cup salmon mixture.

Makes 4 servings.

#### **NUTRITIONAL INFORMATION:**

Nutrients per serving: 330.3 calories, 14.6g total fat, 2.8g saturated fat, 37% of calories from fat, 57.5mg cholesterol, 28g protein, 27.9g carbohydrate, 9.2g fiber, 1768.1mg sodium, 324.9mg calcium and 2.4g omega-3 fatty acids.