

Italian Salmon Caesar Salad: 15 Minute Meal



INGREDIENTS:

1 package (10 oz.) fresh Caesar salad kit (including lettuce, dressing and croutons)
1 jar (6.5 oz.) marinated artichoke hearts, undrained
1/2 cup halved Kalamata olives or 1 can (4.25 oz.) sliced ripe olives, drained
1 small red, orange, or yellow bell pepper, cored and cut in 2-inch strips
1 can or pouch (6 to 7.5 oz.) salmon, drained and chunked
1/4 cup shredded Parmesan cheese (if cheese is not provided in kit)

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DIRECTIONS:

Dressing: In a small bowl, blend Caesar salad dressing and liquid from artichoke hearts.

Salad: Place lettuce from salad kit into large bowl. Add chopped artichokes, olives, pepper strips, and salmon. Just before serving, pour dressing over salad; toss gently. Top each serving with cheese.

Makes 2 main course or 4 side dish servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 286.3 calories, 20g total fat, 4.5g saturated fat, 61% of calories from fat, 40.7mg cholesterol, 16.2g protein, 12.3g carbohydrate, 3.8g fiber, 1115mg sodium, 214.5mg calcium and 1.2g omega-3 fatty acids.