



# Delicious Tidbits Compliments of Stacie Loftus

## Summer Salad with Cumin-Crusted Salmon

### Nutritional Information Amount per serving

**Calories: 639**  
**Fat: 39g**  
**Protein: 37g**  
**Carbohydrate: 37g**  
**Fiber: 12g**  
**Cholesterol: 84mg**  
**Sodium: 1139mg**

### Ingredients:

#### Salad:

- 2 ounces pine nuts
- 5 cups mixed greens
- 1 (15 ounce) can black beans, drained and rinsed
- 1 cup scallions, sliced
- 1 large orange, cut in 1-inch chunks
- 1/2 cup feta cheese, crumbled
- 1 cup cilantro, chopped

- 1/2 teaspoon cumin
- 1 1/2 tablespoons balsamic vinegar
- 2 garlic cloves, crushed
- 1/4 teaspoon salt

#### Cumin-Crusted Salmon:

- 1 1/2 tablespoons cumin
- 2 teaspoons paprika
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 pound salmon fillet, skin removed

#### Dressing:

- 2 tablespoons orange juice concentrate
- 4 tablespoons olive oil



### Directions:

1. Heat a non-stick skillet, add pine nuts and stir until toasty, about 5 minutes. In a large bowl, place all salad ingredients (reserve half of the cilantro and half of the pine nuts for garnish).
2. In a separate bowl, stir dressing ingredients together.
3. In a bowl, combine cumin, paprika, salt and pepper. Cut salmon in 8 strips and coat with spices. Grill (or sear in a non-stick skillet brushed with canola oil) until crusty.
4. Toss salad and dressing; divide on plates. Top with salmon and reserved cilantro and pine nuts.