



Air-Fryer Sesame Ginger Salmon Salad



Entire recipe: 315 calories, 15.5g total fat (3g sat fat), 579mg sodium, 18g carbs, 5.5g fiber, 10g sugars, 26g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes **Cook:** 15 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

One 4-oz. raw skinless salmon fillet
Dash garlic powder
Dash salt
Dash black pepper
3 cups chopped lettuce
1 oz. (about 2 tbsp.) chopped avocado
2 tbsp. chopped fresh cilantro
2 tbsp. finely chopped red onion
2 tbsp. canned pineapple tidbits packed in juice, drained
2 tbsp. light sesame ginger dressing (like [the kind by Newman's Own](#))

Directions

Spray an air fryer with nonstick spray. Place salmon in the air fryer, and sprinkle with seasonings. Set air fryer to 400°F (or nearest degree). Cook for 10–12 minutes, or until cooked through.

Place lettuce in a large bowl. Add remaining ingredients, and top with salmon.

MAKES 1 SERVING

Oven Alternative: Bake salmon at 375°F until cooked through, about 14 minutes.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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