



## Salmon & Sun-Dried Tomato Caesar Salad



Entire recipe: 322 calories, 16g total fat (4g sat. fat), 572mg sodium, 14.5g carbs, 5g fiber, 7.5g sugars, 29g protein

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



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### Ingredients

One 4-oz. raw skinless salmon fillet  
1 dash salt  
1 dash black pepper  
3 cups chopped romaine lettuce  
2 tbsp. light Caesar dressing  
2 tbsp. chopped sun-dried tomatoes (bagged or rinsed)  
1 tsp. grated Parmesan cheese

### Directions

Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

Place salmon on the baking sheet, and season with salt and pepper.

Bake until cooked through, about 14 minutes.

Place lettuce in a large bowl. Add dressing, and toss to coat.

Top salad with salmon, tomatoes, and Parm.

MAKES 1 SERVING

**Air-Fryer Alternative:** Cook salmon at 400°F (or nearest degree) for 10–12 minutes, or until cooked through.

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