

Salmon Salad with Fava Beans and Wild Rice



Simple, quick and delicious, this recipe is perfect for days when you're in a hurry. All you have to do is open a few cans, cut up vegetables, and you're done! If you don't have pre-cooked wild rice, you can always use an instant whole grain rice blend (e.g. Minute Rice® Long Grain and Wild Rice - Herbs in a Cup).

Preparation 10 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 330

Fat 7

Carbohydrates 39

Fibre 6

Protein 32

Sodium 545

Ingredients

Vinaigrette :

- 45 ml (3 tbsp) lemon juice
- 15 ml (1 tbsp) balsamic vinegar
- Pepper and salt to taste

- 2 cans (7 oz each) whole pink salmon, drained
- 1 cup cooked wild rice
- 1/2 yellow bell pepper, cut into strips
- 160 ml (2/3 cup) cucumbers, cut into thin half slices
- 160 ml (2/3 cup) frozen corn kernels, thawed

Preparation

1. In a small bowl, combine ingredients for dressing.
2. In a large bowl, combine remaining ingredients.
3. Stir the dressing into the salad.
4. Enjoy!

Notes

Can be kept for 5 days in the refrigerator. Does not freeze.



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