



SMOKED SALMON, ASPARAGUS & AVOCADO SALAD

Dressing:

- 2 cloves garlic, chopped
- 1/2 cup extra-virgin olive oil
- 1/4 cup white wine vinegar
- 2 tablespoons lemon juice
- 2 teaspoons mustard
- 1/4 teaspoon sugar

Salad:

- 2 cans **Crown Prince Natural Smoked Alaskan Coho Salmon**, drained and flaked
- 1 bunch fresh asparagus spears, cut into thirds, cooked and cooled
- 16 ounces mixed salad greens
- 2 large ripe avocados, cut into bite-size pieces
- 1 small red onion, thinly sliced
- 1 tablespoon chopped fresh parsley

In a small bowl, combine all dressing ingredients and mix well. Set aside. Place salad ingredients in a large bowl. Pour dressing over the salad and gently toss. *Serves 8.*

Per Serving: 296 Calories (194 Calories from Fat), 22g Fat, 15g Protein, 12g Carbohydrate, 0mg Cholesterol, 229mg Sodium