Breakfast, Mediterranean

Smoked Salmon and Avocado Breakfast Salad

Tender mixed salad greens are lightly dressed with lemon and olive oil, then piled with silky cold smoked salmon, creamy avocado, and chickpeas, finished with briny capers and fragrant dill.



Gluten free | Dairy free | Nut free

10 min	240	14 g	1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 6 cup mixed salad greens
- [ ] 2 tbsp olive oil
- [ ] 2 tsp lemon juice
- [ ] 1/4 tsp black pepper
- [ ] 8 oz cold smoked salmon
- [ ] 3/4 med avocado (sliced)
- [ ] 1 cup canned chickpeas (no salt added, drained and rinsed)
- [ ] 1 tbsp capers
- [ ] 1 tbsp fresh dill (chopped)

Method

- [ ] 1 Toss the mixed salad greens in a bowl with the olive oil, lemon juice, and black pepper.
- [ ] 2 Divide the dressed greens evenly among 4 bowls.
- [ ] 3 Arrange the cold smoked salmon, avocado slices, and chickpeas over the greens in each bowl.
- [ ] 4 Scatter the capers and fresh dill over the top to finish.

Nutrition Facts

Per serving

Calories	**240**
Total fat	15 g
Saturated fat	2 g
Sodium	460 mg
Total carbs	14 g
Fiber	5 g
Total sugars	1 g
Protein	15 g

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