

Holistic Nutrition with Risse honey mustard salmon salad



ingredients:

2 3oz salmon fillets
1/4C whole grain mustard
2 Tbsp raw honey
2 tsp extra-virgin olive oil
4-8C lettuce
1 red pepper, chopped
1 yellow pepper, chopped
1 nectarine, chopped

directions:

Preheat BBQ and lightly spray a grill or piece of tinfoil for the salmon.

Combine the mustard, honey and oil.

Place salmon on grill or tinfoil, spread sauce over salmon and grill for 10-12 minutes.

Meanwhile, combine the lettuce, peppers and nectarine and divide over 2 plates. Top with warm salmon and serve. **Serves 2**

Raw Honey vs Regular Honey

Raw honey is unpasteurized whereas regular honey is pasteurized through a heating process.

The heating process, much like any processing, removes the nutrients and takes away the many great benefits of honey. Keep it raw!

Where's the Dressing?

By adding a flavourful sauce to the salmon, it reduces the necessity to add dressing to your salad - in turn reducing unnecessary calories.

Enjoy the flavours and components of your meal without dousing it in dressing!