INGREDIENTS
• 8 cups (or a 10 oz. pkg.) chopped lettuce mix
• 1 (14.75 oz.) can pink Alaska Salmon, drained, skin removed and chunked
• 2 tomatoes, cut in 8 wedges each
• 1 (15 oz.) can garbanzo beans, green beans or white beans, drained and rinsed
• 2 hard-cooked eggs, peeled and chopped
• 2 green onions, sliced (or 1/3 cup chopped onion)
• 3/4 cup bottled or prepared vinaigrette*

INSTRUCTIONS
1. Place salad greens on a large plate.
2. Spoon salmon down the center of salad.
3. Arrange tomatoes, beans, and eggs around salmon.
4. Sprinkle on green onions.
5. Pour on dressing.

*Vinaigrette
Whisk together 1/2 cup red (or white) wine vinegar, 1/4 cup olive oil, 2 tsp. Italian seasoning and 1/4 tsp. black pepper.

A FACT ON CANNED SALMON
Wild Alaska Salmon is one of the richest sources of omega-3 fatty acids (especially EPA and DHA), selenium, and vitamin D, all vital to a healthy and balanced diet.