

Chickpea Tomato Salad w/Sautéed Salmon[†]

Ingredients:

Group 1:

- ¼ c extra virgin olive oil
- ¼ c red wine vinegar
- 2 Tbsp roasted or minced garlic
- 1 tsp Dijon mustard
- 2 Tbsp finely chopped cilantro

Group 3:

- 2 6-oz salmon filets, skinless
- 1-2 pinches turmeric
- 1-2 pinches ground fennel seed
- 1-2 pinches salt
- 1-2 pinches pepper

Group 2

- 2 large tomatoes, large diced
- 15 oz can chickpeas
- ½ c green onion, thin sliced
- ½ c fennel, thin sliced
- 4 Tbsp pepitas or unshelled pumpkin seeds

Group 4

- 2 tsp honey

Directions:

1. Whisk Group 1 together in a small bowl and set aside.
2. Mix Group 2 together in a large bowl.
3. Pour ½ of Group 1 over Group 2 and refrigerate. (The other ½ of Group 1 can be refrigerated in a covered container for future use.)
4. Sprinkle both sides of the salmon filets with the remaining ingredients from Group 3.
5. Cook the salmon for 3-4 minutes over medium heat in a pre-heated pan coated with cooking spray.
6. Flip the salmon, drizzle Group 4 into the pan, and cook for another 3-4 minutes.
7. Serve the salmon over or to the side of the chickpea salad.

Serves 2 people.

[†] Chicken can be substituted for salmon in this recipe if you're not a fan of fish. That said, I *highly* recommend giving the salmon a try. The spice mixture + honey make the flavor *amazing* and rather "not fishy".