



Pan-Seared Salmon with with Apple Slaw

Grand View Lodge

Ingredients

- 1 tsp. Olive oil
- 1 ¼ lbs. Skinless Salmon Fillet,
cut into 4 pieces
- ½ ea. Head Bok Choy,
thinly sliced (about 6 cups)
- 1 ea. Green Apple
cut into bite-size pieces
- 4 ea. Scallions
thinly sliced
- 1/3 cup Plain Low-Fat Yogurt
- 2 Tbsp. Fresh Lemon Juice

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Directions

Step 1

Heat the oil in a large nonstick skillet over medium-high heat. Season the salmon with ¼ teaspoon each salt and pepper and cook until opaque throughout, 3 to 4 minutes per side.

Step 2

Meanwhile, in a medium bowl, toss the bok choy, apple, and scallions with the yogurt, lemon juice, ½ teaspoon salt, and ¼ teaspoon pepper. Serve with the salmon.