



# Grilled Salmon with Apricots/Berries over Arugula

Makes 4 servings

## Ingredients

4 4-ounce salmon filets  
 8 apricot halves  
 2 cups fresh arugula  
 ¼ cup toasted walnut pieces  
 8 fresh basil leaves  
 1 teaspoon olive oil or spray  
 2 teaspoons maple syrup  
 ½ cup fresh raspberries

### Dressing

¼ cup white balsamic vinegar  
 1 teaspoon maple syrup  
 ¼ extra virgin olive oil  
 ¼ teaspoon ground, coarse black pepper  
 ½ teaspoon sea salt



## Instructions

**Dressing:** Mix all ingredients in bowl and whisk together, set aside.

**Salmon and Salad:** Lightly brush both sides of salmon with olive oil or spray, place salmon top side down on grill or baking dish. Cook for 3 minutes, turn and cook for another 3 minutes. Lightly brush apricot with olive oil and maple syrup, cook in pan over medium heat cut side down or until golden brown. In a bowl, toss arugula with white balsamic dressing until glossy. Top each bed of arugula with two apricot halves, berries, basil leaves and walnuts, then place salmon filet on top.

## Nutrition Facts

Serving Size: 4 oz; Calories 600; Calories from Fat 308; Total Fat 34 g; Saturated Fat 6 g; Trans Fat 0 g; Cholesterol 62 mg; Sodium 374 mg; Total Carbohydrates 48 g; Dietary Fiber 10 g; Sugars 7 g Protein 30 g; 15 gms of Monosaturated Fat (Heart-Healthy Fat)

Recipe adapted from BlueCross Corporate Food Services



BlueCross BlueShield of South Carolina and  
 BlueChoice® HealthPlan of South Carolina