



EASY SALMON SALAD

WHAT'S COOKING IN WORCESTER?

This recipe is inspired by the M.I.N.D diet. The MIND diet combines the Mediterranean diet and the DASH diet to create a dietary pattern that focuses specifically on brain health.

INGREDIENTS:

- 2 4.6 ounce cans salmon, drained
- 1 15-ounce can chickpeas, rinsed and drained
- 1/2 cucumber, diced
- 1 red bell pepper, diced
- 1/4 red onion, finely diced (optional)
- 1/2 cup Kalamata olives, pitted and diced
- 1/4 cup fresh parsley, chopped

DRESSING:

- 1/4 cup extra virgin olive oil
- 1/4 cup lemon juice
- 2 cloves garlic (grated or finely minced)
- 1 teaspoon dried Italian seasoning blend
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

DIRECTIONS:

1. Drain the salmon and flake it into a salad bowl.
2. Add the chickpeas, cucumber, red pepper, onion, Kalamata olives and parsley. Toss gently.
3. Whisk together the dressing ingredients and add them to the salad bowl. Toss everything together to coat.
4. Season with additional salt and pepper, to taste.