

Salmon Salad with Arugula & Capers

Ingredients

- 1 cooked salmon fillet, flaked
- 2 cups arugula
- 1/4 red onion, thinly sliced
- 1 tablespoon capers
- Juice of 1 lemon
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions

1. In a large bowl, combine arugula, salmon, red onion, and capers.
2. Drizzle with lemon juice and olive oil.
3. Toss gently and season with salt and pepper.

Health Benefits

This light salad is rich in omega-3s, iron, and antioxidants. Supports circulation, detox, and glowing skin.

