Baked Salmon with Avocado Salad

Serves 1

4 ounces fresh salmon

2 tablespoons olive oil

1 clove garlic, minced

2 tablespoons lemon or lime juice

Salad ingredients

½ avocado, sliced

¼ red onion, sliced thinly

2 cups chopped salad greens

¼ cup cherry tomatoes

1 radish, sliced

Additional lemon or lime juice and olive oil, for dressing

Directions:

1. Place the oil, garlic and citrus juice into a glass bowl.
2. Add the salmon and gently stir to make sure the salmon is well covered by the marinade. Cover the bowl and place in the fridge for 2 hours.
3. Preheat oven to 400°F.
4. Place salmon in glass baking dish or on foiled-lined baking sheet and bake 20-25 minutes or until done.
5. Assemble the salad ingredients on a plate and top with the salmon. Drizzle the salad with citrus juice and olive oil.