



Small Changes for a Healthier "U"



Salmon Endive boats

Ingredients:

- 1 salmon fillet
- 1/2 stalk celery, diced
- 1/2 green apple, diced
- 1 tsp capers
- 1 tbsp hemp
- 2 tbsp parsley, chopped
- 1 tbsp olive oil, extra for garnish
- Salt and pepper to taste
- 4-6 Endive leaves

Preparation:

1. Place the fish on a try and drizzle with olive oil , salt and pepper.

2. Bake in the oven until cooked
3. Mix all the above ingredients together.
4. Add the salmon and mix again.
5. Serve in the endive leaves and drizzle extra olive oil and black pepper if needed.

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