Recipe: Creamy Salmon Soup with Mustard Greens

Serves: 4-5

Ingredients:

1 large onion
2 Tbsp olive oil
1 small daikon radish
1 carrot
5 cups water
½ bunch mustard greens
10 to 12 oz baked salmon
3 Tbsp lemon to taste
1 tsp fresh dill, chopped

Directions:

1. Saute onion with olive oil
2. Add daikon radish and carrot, sauté for a few minutes
3. Add dill and keep sautéing
4. Add mustard greens and sauté another minute
5. Add water, bring to boil, and cover. Simmer for 15 minutes
6. Transfer soup to the blender, add baked salmon, and blend
7. Return to pot and cook 10 more minutes
8. Squeeze lemon juice into the soup before serving
9. Sprinkle with fresh dill

Optional:

For vegan variation, use 8 oz tofu instead of salmon

*used with permission from IIN.

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.
www.amysinteriorgardens.com

fastloop
The Athlete's Social Network