

# *Pan Seared Salmon with Avocado*

**1.5 lbs Salmon**  
**1 Avocado, pitted and cut in small cubes**  
**1 cup chopped cilantro**  
**1 cup chopped red onion**  
**1 tbsp. Olive Oil**  
**4 tbsp. Lemon Dijon Vinaigrette – Stonewall Kitchen**  
**Salt & pepper to taste**

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Baste the salmon with the Lemon Dijon Vinaigrette.  
In a frying pan, heat Olive oil to medium high. Pan sear the salmon for 4-5 minutes per side until internal temperature of salmon is 145° F.  
Top with the chopped onion, avocado and cilantro.  
Serve with your favorite APM side salad.

