

Broiled Salmon with Chick Peas, Cucumber and Brown Rice
(serves 4)

4 5 oz. salmon filets
1 T olive oil
1 lemon zested
1 Cup Chickpeas (see recipe for day 31 lunch or use leftovers)
2 cups spinach
1 cucumber roughly chopped
S and P to taste
2 T chopped parsley

1. Season salmon with salt, pepper, lemon zest and drizzle with 2 tsp. olive oil. Broil for 7-8 minutes.
2. Heat a medium size pan on high. Add olive oil, cucumber and spinach. Season with salt and pepper and cook for 2 minutes or until the spinach is wilted. TASTE. Add chickpeas, rice and fresh parsley. Combine and TASTE.
3. Place rice mixture on plate and top with salmon. Squeeze lemon juice over the top for added freshness - optional.