

# Low-Point Apple-Cranberry Salmon Salad

Ingredients: (for one serving)

- 3 Tbs barbecue sauce (I used Jack Daniels Original No. 7 Recipe bbq sauce)
- 4, 4 oz. wild caught salmon fillets
- 2 Tbs lemon juice
- 1 Tbs honey
- pinch of sea salt
- pinch of freshly ground black pepper
- 1 Gala apple
- 1 Granny Smith apple
- 1/4 cup dried cranberries
- 1 to 2 Tbs fresh tarragon, chopped

In a shallow glass baking dish, combine the bbq sauce and salmon. Set aside. In a large bowl, combine lemon juice, honey, salt and pepper. Peel apples, core, and chop. Add apples to lemon-honey mixture and toss. Add cranberries and tarragon. Preheat broiler or grill. Grill or broil salmon fillets until fish is opaque in the center and flakes off with a fork, but don't overcook. Break apart salmon into bite size pieces and toss with apple-cranberry salad. Enjoy!

Total servings - 4

Serving size - 1

Points per serving - 5.3

Points plus per serving - 6.7

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"We must let go of the life we have planned, so as to accept the one that is waiting for us." - Joseph Campbell***