 **Bread-free Salmon BLT**

*Serves 4*

**Ingredients**

1 lb Salmon

8 slices bacon

2 tomatoes

1 bunch arugula

1 tbsp olive oil

Salt and pepper

Lemon Caper Vinaigrette

¼ cup olive oil

2 tbsp lemon juice

2 tsp lemon zest

1 tbsp capers

1 shallot, minced

¼ tsp salt

**Directions**

1. Preheat oven to 400 degrees F.
2. Heat oven-proof skillet over high heat. Add oil and place salmon in skillet flesh side down, skin up. Cook for 5 minutes.
3. Flip salmon so skin side is down and place skillet in oven to continue cooking. Cook about 6 more minutes, until cooked through. \**If you don’t have an oven proof skillet you can transfer salmon to a baking dish*
4. Cook bacon as desired.
5. Layer on individual dishes: arugula, tomato, bacon, tomato, bacon, salmon.
6. Whisk together olive oil, lemon juice, lemon zest, capers, shallot, and salt. Drizzle over salmon BLT stack.

**Nutrition**

*473 cals, 12g C, 29g P, 37g F*