

Grilled Salmon and Quinoa Salad

EASY | RECIPE

Ingredients:

- 1 cup **quinoa**, rinsed
- 4 **salmon fillets** (2.5 oz. each)
- 3 tbsp **extra-virgin olive oil**, *divided*
- ½ tsp **salt**
- Pinch **pepper**
- 2 medium **carrots**, shredded
- ¾ cup mixed chopped **herbs**, such as **basil**, **parsley** and **dill**
- 1 **lemon**, juice and zest

Method:

1. **Add** quinoa and 2 cups water to a saucepan set over medium heat. Bring to a boil, reduce heat, cover and simmer until water is absorbed, about 15 minutes.
2. **Fluff** and transfer to large serving bowl; set aside.
3. **Meanwhile**, brush salmon fillets with 1 tbsp olive oil. Sprinkle with salt and pepper.
4. **Grill** on medium for 10 minutes for each inch of thickness.
5. **Set** aside and break into bite-sized pieces.
6. **Add** carrots, herbs, lemon and remaining 2 tbsp olive oil to the quinoa.
7. **Add** salt and pepper to taste, and stir to combine.
8. **Top** with grilled salmon pieces and serve.



Makes 6 servings. Per serving:

406 calories | 21g protein | 21g total fat | 4g saturated fat | 10g mono fat | 7g poly fat |
33g carbohydrate | 2g sugar | 4g fiber | 359mg sodium