



Salmon Quinoa Salad

1 serving
30 minutes

Ingredients

1/4 cup Quinoa (dry)
170 grams Salmon Fillet
2 tbsps Red Onion (sliced)
2 tbsps Lemon Juice (fresh, divided)
1 cup Cherry Tomatoes (halved)
1/4 Cucumber (chopped)
1 tbsp Cilantro (minced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 3 Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
- 4 Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and cilantro to the quinoa and mix. Add salt and pepper to taste.
- 5 Divide the quinoa salad between servings and top with the salmon. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for two days.

Serving Size: One serving is approximately one cup of quinoa salad and 6 oz of salmon.

More Flavor: Spread dijon mustard and olive oil on the salmon. Add shaved parmesan or goat cheese to the quinoa salad.

Additional Toppings: Chopped parsley, pine nuts, pumpkin seeds and/or walnuts.