



Salmon Quinoa Bowl

A hearty, nutrient-packed bowl with flaky salmon, quinoa, fresh vegetables and a zesty lemon dressing.



SERVES
4



PREP TIME
15 MIN



COOK TIME
15 MIN



**HEALTHY
& DELICIOUS**

Ingredients

1 lb	salmon fillet (skin on or off)
1 cup	quinoa, uncooked
2 cups	water or low-sodium chicken or vegetable broth
4 cups	mixed greens (such as baby spinach or spring mix)
1 cup	cherry tomatoes, halved
1	cucumber, diced
1	carrot, shredded
¼	red onion, thinly sliced
1	avocado, sliced
¼ cup	feta cheese (optional)
2 tbsp	olive oil
1 tbsp	fresh lemon juice
1 tsp	dried oregano

Salt and pepper to taste

Directions

- 1** Rinse quinoa, then combine with water or broth in a saucepan. Bring to a boil, reduce heat, cover and simmer for 12–15 minutes, or until tender. Fluff with a fork and let cool slightly.
- 2** Season salmon with salt, pepper and a touch of olive oil. Cook in a skillet over medium heat for 4–5 minutes per side, or until cooked through. Let cool slightly, then flake into bite-sized pieces.
- 3** In a large bowl, combine mixed greens, quinoa, cherry tomatoes, cucumber, carrot and red onion.
- 4** In a small bowl, whisk together olive oil, lemon juice, oregano, salt and pepper.
- 5** Drizzle the dressing over the bowl and toss gently to combine.
- 6** Top with flaked salmon, avocado and feta cheese (if using). Serve immediately.

