



Love your heart.

HEART-HEALTHY RECIPES

Salmon and Veggie Quinoa Bowl

Ingredients:

- 1 lb salmon fillets**
- 1 cup halved cherry tomatoes
- 1 cup sliced English cucumber
- ½ cup sliced red onion
- 1 can garbanzo beans, drained and rinsed

Marinade for Salmon/Veggies:

- ½ cup extra virgin olive oil
- 1 lemon, juiced
- 2 cloves garlic, minced
- 1 tsp honey
- 2 tsp dried oregano
- 2 tsp dried dill
- ¼ tsp black pepper

Bowl:

- ¾ cup quinoa
- 2 cups baby spinach
- 1 avocado, sliced

Tzatziki Sauce:

- ½ cup grated English cucumber, squeezed to remove water
- ½ cup plain Greek yogurt
- 1½ Tbsp lemon juice
- 1 Tbsp extra virgin olive oil
- 1 tsp dried dill
- 2 cloves garlic, minced
- ¼ tsp black pepper

Instructions:

1. Preheat oven to 425°. Combine olive oil, lemon juice, garlic honey, dried oregano, dried dill and black pepper to make the marinade for the salmon and veggies. Put salmon fillets in shallow bowl/pan and pour ½ marinade over them and let marinade for about 20 minutes. Prepare the bean/cucumber salad: slice the tomatoes, cucumber and red onion and toss together in a bowl with the beans and remaining marinade. Set aside.
2. Prepare the tzatziki sauce. Grate English cucumber squeezing with paper towel to remove excess water. Combine grated cucumber with Greek yogurt, lemon juice, oil, dill, garlic and black pepper. Taste and add more seasonings as needed. Set aside.
3. Once salmon is done marinating transfer to sheet pan lined with foil or parchment paper and bake in oven for 10-15 minutes or until salmon is cooked through.
4. Prepare quinoa. Add ¾ cup quinoa to pot with 1½ cups water and bring to a boil. Once boiling, reduce the heat to low and cook covered for 15 minutes or until all water is absorbed.
5. To assemble bowls put ⅓ cup cooked quinoa on bottom of the bowl, top with baby spinach, cucumber/bean salad, sliced avocado and salmon and top with tzatziki sauce. Enjoy!

***Can substitute boneless skinless chicken breasts or chicken thighs for salmon.*