

HEALTH & WELLNESS

PROGRAMS FOR VOLUNTEER DEPARTMENTS

June 2012

RECIPES

Health & Wellness
Series

Baked Salmon with Summer Salsa and Quinoa

References:

United States Department of Agriculture: *National Nutrient Database.*

<http://ndb.nal.usda.gov/>

Mary B. Grosvenor, L.Smolin.
(2010). *Visualizing Nutrition: Everyday Choices.* Hoboken, NJ: John Wiley & Sons, Inc.

Ingredient List:

2- 4 ounce, skin on wild salmon fillets

2 cups Quinoa

1tbsp Safflower Oil

1 lemon, sliced

Salsa:

2 mango, diced

1 orange, diced

1 pint strawberries, diced

¼ cup chopped cilantro

2 tbsp lime juice

1/3 cup chopped red onion

2 cups chopped broccoli

Step 1: Preheat oven to 400.

Step 2: Cook Quinoa according to the instructions given on package.

Step 3: Prepare Summer Salsa: In a medium bowl, combine mango, orange, strawberries, red onion, cilantro and lime juice. Squeeze all juices from mango and orange into bowl with salsa.

Step 4: Place chopped broccoli into steamer, steam for 6-7 minutes.

Step 5: In a cast iron or other oven proof pan, heat safflower oil on high. Once oil is heated, add salmon, skin side facing down.

Step 6: Reduce pan heat to medium and cook salmon for 1 minute.

Step 7: Remove pan from stove heat, squeeze lemon juice over salmon, put lemon slices on fish and place pan into oven.

Step 8: Allow salmon to cook for 5 minutes or until meat flakes easily with fork.

Step 9: Combine cooked Quinoa with remaining cilantro. Drain excess juices from salsa into Quinoa and mix thoroughly.

Step 10: Divide Quinoa mixture evenly onto 2 plates, top with salmon and serve with steamed broccoli.

Nutrition Information

Serving size= 4 ounce salmon, ½ cup Quinoa, ¼ cup salsa, 1 cup broccoli
Servings per recipe: 2

Calories: 382
Total Fat: 10g
Sat. Fat: 1g
Sodium: 122mg
Cholesterol: 62mg
Carbohydrate: 43g
Sugar: 11g
Fiber: 9g
Protein: 30g

Did you know...?

Consuming 4 ounces of baked or broiled salmon can provide you with at least 2 grams of Omega-3 fatty acids. This is more than the average adult consumes over the course of one week!