



Grilled Salmon with Lemon Herb Quinoa

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

This recipe is packed with omega-3 fatty acids from the salmon, which are beneficial for heart health and brain function. Quinoa adds a nutritious and protein-rich base, while the lemon and herbs add a fresh and tangy flavor. Enjoy!

Ingredients

4 salmon fillets (6 ounces each)

1 tablespoon olive oil

Salt and pepper to taste

1 cup quinoa

2 cups vegetable or chicken broth

1 lemon, zested and juiced

2 tablespoons chopped fresh herbs (such as parsley, dill, or basil)

1 tablespoon butter

Steamed vegetables (optional, for serving)

Directions

1. Preheat the grill to medium-high heat. Brush the salmon fillets with olive oil and season with salt and pepper.
2. In a medium saucepan, bring the vegetable or chicken broth to a boil. Add the quinoa and reduce heat to low. Cover and simmer for 15-20 minutes, or until the quinoa is cooked and the liquid is absorbed.
3. While the quinoa is cooking, place the salmon fillets on the preheated grill. Cook for about 4-5 minutes per side, or until the fish is cooked through and flakes easily with a fork.
4. In a large bowl, combine the cooked quinoa, lemon zest, lemon juice, chopped herbs, and butter.
5. Season with salt and pepper to taste. Mix well to combine all the flavors.
6. Serve the grilled salmon fillets on top of the lemon herb quinoa. You can also add steamed vegetables on the side for a complete meal.