



BRISTOL BAY
SOCKEYE SALMON

MEDITERRANEAN SALMON GRAIN BOWL

Salmon fillets are marinated in a bright, sweet dressing before baked and combined with a colorful array of healthy veggies and toppings. It's like a rainbow in a bowl! This nutritious recipe was developed by The Real Food Dietitians.

SERVINGS: 4
COOK TIME: 30 MINS.

Ingredients:

Marinade:

- 1/2 cup extra-virgin olive oil
- Juice of 1 lemon (about 3-4 tablespoons)
- 2 tablespoons fresh oregano leaves
- 1 tablespoons fresh dill, roughly chopped
- 2 garlic cloves, minced
- 1 teaspoon honey or maple syrup
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper

Salad:

- 4 salmon fillets, 4-5 ounces each
- 1 1/2 cups cooked quinoa
- 4 cups romaine lettuce or mixed greens
- 1 cup sliced English cucumber
- 1 cup halved cherry tomatoes
- 1/2 cup sliced red onion
- 1 can chickpeas, drained and rinsed
- 1/3 cup pitted Kalamata olives, halved
- 1/2 cup feta cheese, crumbled
- 1 avocado, sliced
- Tzatziki sauce, to serve

Directions:

- 1** Preheat the oven to 425F.

In a small bowl combine the marinade ingredients. Place salmon in a shallow dish. Pour half the dressing over the salmon and marinate for 15 minutes while you begin to prepare the rest of the ingredients. When marinating time is up, place salmon, skin-side down on a baking sheet lined with parchment paper. Bake for 9-12 minutes or until salmon is cooked through and flakes easily.

- 2** Meanwhile, in a bowl combine the sliced cucumber, cherry tomatoes, red onion and chickpeas. Toss with the remaining marinade. Set aside.

Remove from the oven and let rest for 5 minutes. If needed, cover loosely with foil to keep warm.

- 3** Assemble the bowls as you please. Place a handful of greens in each bowl. Divide the marinated cucumber, cherry tomato and chickpea mixture among the bowls. Repeat with quinoa. Add a salmon fillet (skin should easily remove from fillet) to the bowls. Lastly, top with a big dollop of your favorite Tzatziki sauce, feta cheese crumbles and avocado slices.

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