



A hearty, well-balanced meal that's filling, nourishing, and easy enough for a weeknight!

Grilled Salmon with Quinoa & Roasted Veggies

Ingredients:

- 2 salmon fillets (5–6 oz each)
- 1 cup cooked quinoa (½ cup dry quinoa)
- 1½ cups mixed vegetables (broccoli, zucchini, bell pepper, red onion)
- 1½ tbsp olive oil, divided
- ½ tsp garlic powder
- ½ tsp paprika
- Salt & black pepper, to taste
- Optional: lemon wedges

Instructions:

- Cook quinoa according to package instructions (½ cup dry quinoa + 1 cup water).
- Preheat oven to 400°F.
- Toss veggies with 1 tbsp olive oil, garlic powder, paprika, salt, and pepper. Roast for 20–25 minutes, stirring once.
- Brush salmon with remaining ½ tbsp olive oil, season with salt and pepper.
- Grill salmon over medium heat for 4–5 minutes per side, until flaky.
- Serve salmon over quinoa with roasted veggies. Add lemon if desired.