

SALMON-BERRY POWER BOWL

Makes 4 servings

Prep time: 20 minutes | Cook time: 12 minutes |

Total time: 32 minutes



Ingredients

- 1 lb salmon, cut into 4 equal portions
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp dried rosemary
- 1 cup cooked quinoa (prepared according to package directions)
- 5 oz baby spinach
- ¼ cup walnuts, toasted and chopped
- 1 cup blueberries
- ½ cup red onion, thinly sliced
- ½ cup radishes, thinly sliced
- ½ cup reduced-fat feta cheese, crumbled
- ¼ cup light raspberry vinaigrette

Directions

- 1 Preheat oven to 400°F.
- 2 Cover a baking sheet with aluminum foil.
- 3 Place salmon on baking sheet and season with paprika, garlic powder, and rosemary.
- 4 Bake salmon for 12 minutes or until fish flakes. Remove skin if needed.
- 5 Assemble each grain bowl by layering quinoa, spinach, walnuts, blueberries, onion, radishes, feta, and top with salmon and dressing.

Chef Tip:

To toast the walnuts, spread them evenly on a baking sheet and bake for 9 minutes at 325°F or until lightly browned.

Nutrition Information

465 calories, 23 g carbs, 33 g protein, 25 g fat, 6 g saturated fat, 4 g fiber, 2.5 g added sugar, 566 mg sodium, 823 mg potassium, 12 mcg vit D, 132 mg calcium, 3 mg iron