

# GRILLED SALMON AND QUINOA SALAD

easy | **RECIPE**  
From Personal Best®

- 1 cup **quinoa**, rinsed
- 4 **salmon fillets** (2.5 oz. each)
- 3 tbsp **extra-virgin olive oil**,  
*divided*
- ½ tsp **salt**
- Pinch **pepper**
- 2 medium **carrots**, shredded
- ¾ cup mixed chopped **herbs**,  
such as **basil**, **parsley** and **dill**
- 1 **lemon**, juice and zest



**1. Add** quinoa and 2 cups water to a saucepan set over medium heat. Bring to a boil, reduce heat, cover and simmer until water is absorbed, about 15 minutes. **2. Fluff** and transfer to large serving bowl; set aside. **3. Meanwhile**, brush salmon fillets with 1 tbsp olive oil. Sprinkle with salt and pepper. **4. Grill** on medium for 10 minutes for each inch of thickness. **5. Set** aside and break into bite-sized pieces. **6. Add** carrots, herbs, lemon and remaining 2 tbsp olive oil to the quinoa. **7. Add** salt and pepper to taste, and stir to combine. **8. Top** with grilled salmon pieces and serve.

**Makes 6 servings. Per serving:**

406 calories | 21g protein | 21g total fat | 4g saturated fat | 10g mono fat | 7g poly fat  
33g carbohydrate | 2g sugar | 4g fiber | 359mg sodium