Spice Grilled Salmon

Salmon:
1/2 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon lemon pepper
1/4 teaspoon paprika
1/8 teaspoon freshly ground black pepper
1 (2 1/4-pound) salmon fillet
2 cups thinly sliced onion

Quinoa:
2 teaspoon olive oil
2 garlic cloves, minced
Small red and white onion
1 zucchini
1 package cherry tomatoes
1 cup button mushrooms
2 (6-ounce) packages fresh baby spinach
1 tablespoon fresh lemon juice
16 oz. vegetable broth
8 oz. quinoa

Preparation

to prepare salmon, combine dry ingredients; rub spice mixture evenly over flesh side of fish. Place fish in a shallow sauté pan over med-high heat with a teaspoon of olive oil. Don’t crowd the pan. Cook flesh side down for about 2 minute and finish skin side down for about 3 minutes. To prepare quinoa, bring broth to boil and add quinoa and cover. Stir once after 8 minutes and reduce heat to finish. In a sauté pan or grill plate heat all vegies until just heated through or they reach desired temp. Combine vegies, quinoa, remaining olive oil and lemon. Toss lightly and salt/pepper to taste. Serve warm or cold. Finish salmon with lemon wedge and zest entire dish.

Nutritional Info
Calories 425
Calories from fat 37%
Fat 15.2 g
Satfat 2 g
Monofat 4.6 g
Polyfat 5 g
Protein 40.3 g
Carbohydrate 10.7 g
Fiber 5.4 g
Cholesterol 107 mg
Iron 6.6 mg
Sodium 572 mg
Calcium 76 mg