



## **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  
Caloriesfromfat 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