

Mediterranean Salmon Grain Bowls

Hazel Blue Acres – Silvana, WA

Marinade ½ cup extra-virgin olive oil Juice of 1 lemon (about 3-4 tablespoons) 2 tablespoons fresh oregano leaves 1 tablespoon fresh dill, roughly chopped 2 garlic cloves, minced 1 teaspoon honey or maple syrup ½ teaspoon sea salt ¼ teaspoon freshly ground pepper	Salad 4 salmon portions, 4-5 ounces each 1 ½ cups cooked quinoa 4 cups romaine lettuce or mixed greens 1 cup sliced English cucumber 1 cup halved cherry tomatoes ½ cup sliced red onion 1 can chickpeas, drained & rinsed 1/3 cup pitted kalamata olives, halved ½ cup feta cheese, crumbled 1 avocado, sliced Tzatziki sauce, to serve (purchased or homemade) Lemon slices, optional
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1. Preheat the oven to 425 degrees.
2. In a small bowl, combine the marinade ingredients.
3. Place the salmon in a shallow dish. Pour HALF the dressing over the salmon and marinate for 15 minutes while you begin to prepare the rest of the ingredients.
4. When marinating time is up, place salmon, skin-side down on a baking sheet lined with parchment paper.
5. Bake salmon for 9-12 minutes or until the salmon is cooked through and flakes easily.
6. Remove the salmon from the oven and let rest for 5 minutes. If you'd like to serve it warm, cover loosely with foil.
7. In a bowl, combine the sliced cucumber, cherry tomatoes, red onion and chickpeas. Toss with the remaining marinade. Set aside.

Assemble the bowls as you please, but the following is suggested:

1. Place a handful of greens in each bowl.
2. Divide the marinated cucumber, cherry tomato and chickpea mixture among the bowls.
3. Repeat with the quinoa.
4. Add a salmon fillet (skin should easily remove from cooked portion) to the bowls.
5. Lastly, top with a big dollop of your favorite Tzatziki sauce, feta cheese crumbles & avocado slices. A lemon slice garnish is optional.