

Grilled Salmon with Quinoa & Asparagus

Prep Time: 10 minutes | **Cook Time:** 15 minutes | **Servings:** 2

Ingredients:

- 2 salmon fillets (4 oz each)
- 1 cup cooked quinoa
- 1 cup asparagus (trimmed)
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ lemon (juiced)
- Salt & pepper to taste

Steps:

- 1. Preheat grill or skillet. Season salmon with salt, pepper, garlic powder, and lemon juice.
- 2. Grill salmon for 4–5 minutes per side until cooked.
- 3. Steam or roast asparagus with olive oil until tender.
- 4. Serve salmon with quinoa and asparagus on the side.

Nutrition (approx):

Calories: 420Protein: 35gCarbs: 20gFat: 20gFiber: 4g

Tips:

- Use skin-on salmon for extra omega-3 fats.
- Swap asparagus for broccoli or green beans.