

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: 420
- Protein: 35g
- Carbs: 20g
- Fat: 20g
- Fiber: 4g

Tips:

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