

Herb Baked Salmon

Over Quinoa with Roasted Vegetables

2 cloves garlic, minced	6 tablespoons light olive oil
1 teaspoon dried basil	1 teaspoon salt
1 teaspoon ground black pepper	1 tablespoon lemon juice
1 tablespoon fresh parsley, chopped	2 (6 ounce) fillets salmon
1 cup re-rinsed quinoa	1 ¼ cup water
½ cup cauliflower florets	½ cup broccoli florets

Olive oil cooking spray

Directions:

In medium glass bowl, prepare marinade by mixing garlic, light olive oil, basil, salt, pepper, lemon juice and parsley. Place salmon fillets in a medium glass baking dish, and cover with the marinade. Marinate in the refrigerator about 1 hour, turning occasionally.

Preheat oven to 375 degrees F. Place fillets in aluminum foil, cover with marinade, and seal. Place sealed salmon in the glass dish, and bake 35 to 45 minutes, until easily flaked with a fork.

Place the quinoa and water in a saucepan. Bring to a simmer, and then reduce the heat to low. Cover and cook for 30 to 35 minutes.

Remove quinoa from heat and let sit covered 5 minutes. Fluff with a fork.

Preheat oven to 350 degrees F. Place broccoli and cauliflower on a cookie sheet and spray with olive oil cooking spray. Place in oven and cook for 20 minutes or until tender.

Serve salmon over quinoa and garnish with vegetables.