

## Quinoa and Salmon Salad

(Makes 4 servings)

Here we marry the sweetness of salmon to the nutty taste of toasted quinoa (pronounced KEEN-wah). The result is a salad that can become a dinner or lunch along with fresh fruit in the heat of the summer or one that will cheer you out of the doldrums of winter with its combination of textures and tastes. If arugula is difficult to find, substitute baby spinach with 1 teaspoon dried tarragon.



### **Ingredients:**

- 1 cup quinoa
- Olive oil cooking spray
- ¼ teaspoon kosher salt
- ½ pound wild salmon fillet
- 1½ cup chopped arugula leaves, washed and dried
- 1 cup cherry tomatoes, halved (6 ounces)
- 1 garlic clove, minced
- 2½ tablespoons white wine vinegar
- 2 teaspoons extra virgin olive oil
- Freshly ground pepper
- ¼ cup crumbled reduced-fat feta cheese

### **Directions:**

- 1) Wash the quinoa in a fine sieve under cold running water. Drain well. Coat a nonstick saucepan with cooking spray. Add the quinoa and lightly toast over medium heat for 2 minutes. Add 2 cups water and the salt. Bring to a boil, lower the heat, cover and simmer for 15 minutes, or until the liquid is absorbed. Remove from heat. Fluff with a fork and place in a bowl to cool.
- 2) Coat a sauté pan with cooking spray. Cook the salmon skin side up for 6 minutes over medium heat. Turn the salmon over and continue to cook until the fish is opaque and flakes easily when tested with the point of a knife. Remove from the pan and discard the skin. Cool and cut into bite-sized pieces. Add to the quinoa along with the arugula and tomatoes.
- 3) Combine the garlic, vinegar, oil and a generous grinding of pepper. Toss with the quinoa salad. Top with feta. Chill and serve.

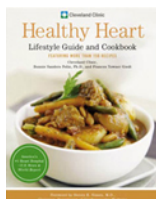
### **Nutritional Analysis:** (per serving)

Total Fat: 9 g	Dietary Fiber: 3 g
Saturated Fat: 1.5 g	Cholesterol: 34 mg
Protein: 19 g	Sodium: 278 mg
Carbohydrates: 32 g	Potassium: 718 mg

### **Dietician's Note:**

Each serving contains 1,070 milligrams of omega-3 and is great way to get in the recommended daily amount of this essential fat.

### **Source:**



"Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook"

*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books). The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*

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*This recipe has been modified to meet Go! Foods® criteria.*