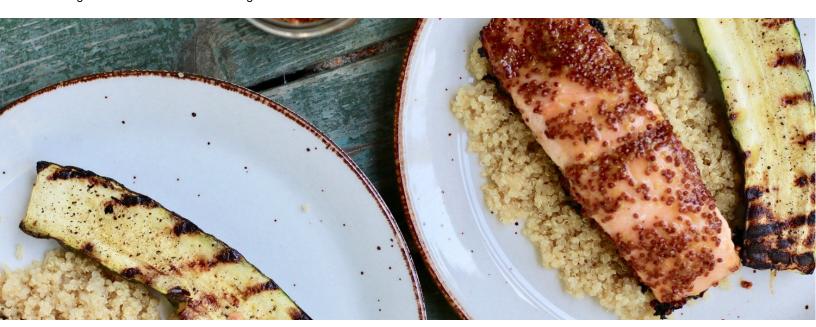
Grilled Honey Dijon Salmon with Zucchini & Quinoa

7 ingredients · 30 minutes · 4 servings



Directions

- Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2. Preheat the grill to medium heat.
- 3. Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4. Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point
- 5. Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill

Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini

Use asparagus or green beans instead.

Lower Carb

Omit the quinoa or serve with cauliflower rice instead.

Leftovers

Store leftovers in an airtight container in the fridge up to 2 to 3 days.

Ingredients

1 cup Quinoa (dry, uncooked)

1/4 cup Dijon Mustard (grainy or regular)

2 tbsps Raw Honey

1 lb Salmon Fillet

4 Zucchini (sliced in half lengthwise)

1 1/2 tsps Extra Virgin Olive Oil

1/2 tsp Sea Salt

Nutrition		Amount per serving	
Calories	411	Vitamin C	35mg
Fat	12g	Calcium	65mg
Saturated	2g	Iron	4mg
Carbs	42g	Vitamin D	0IU
Fiber	5g	Vitamin B6	1.5mg
Sugar	13g	Folate	154µg
Protein	31g	Vitamin B12	3.6µg
Cholesterol	62mg	Magnesium	152mg
Sodium	528mg	Zinc	3mg
Potassium	1306mg	Selenium	45µg
Vitamin A	443IU		

