Salmon & Asparagus w/ Strawberry Salsa

(Complete Lunch)

Serving Size: 2
Total Recipe Fuel Value: 312
Fuel Value per serving: 156 (w/ salsa)

Ingredients

Salmon

- 2 - 6 oz Salmon Filets
- 1 Cup Quinoa, cooked
- 4 Cups Asparagus
- Lemon Juice, to taste
- Salt and Pepper
- 2 Tbsp Olive Oil

Strawberry Salsa (½ recipe = 1 Serving)

- ¼ Cup Strawberries, diced
- 1/8 Cup Jalapeno, deveined and finely diced
- 3 Tbsp Cilantro leaves, chopped
- 1/8 Cup Onion, chopped
- Lime Juice
- Salt and Pepper

Directions

1) Preheat oven to 400°
2) In a large bowl combine the ingredients for the salsa, stir together until combined. Set aside.
3) In a large skillet heat 1 tbsp of olive oil over medium heat. Cook the salmon until done throughout. Season with salt, pepper and lemon juice.
4) Meanwhile, cook the quinoa per directions on the packaging.
5) On a baking sheet lay out the asparagus and drizzle with 1 tbsp olive oil, roll asparagus around to make sure each is covered with oil. Sprinkle with salt and pepper. Roast in the oven for about 10 minutes.
6) When ready to serve, top the salmon with strawberry salsa & serve with 2 cups of asparagus and ½ cup quinoa per serving.

Each serving contains:

- Protein- 2
- Carb- 1 1/8
- Vegetable- 2
- Fat- 1

*Adding the salsa will make the carbs serving size go over by 1/8