



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**