



Heart-Healthy Salmon Bowl

A quick and flavorful dish packed with nutrients



(See ingredients and recipe on back)

This healthy salmon bowl recipe is a perfect way to support heart health with wholesome ingredients in a quick, flavorful dish. When preparing this dish, go for wild-caught salmon. Wild-caught salmon is an incredible source of omega-3s and is rich in EPA and DHA. Great for heart and brain health.

Ingredients:

- 2 wild-caught salmon fillets* (about 4 oz each)
- 1 cup cooked quinoa (sprouted best)
- 1 cup baby spinach or mixed greens*
- ½ cup cherry tomatoes, halved*
- ½ cup cucumber, thinly sliced*
- 1 small avocado, sliced
- ¼ cup shredded carrots*
- 2 tbsp extra avocado oil*
- Juice of 1 lemon
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp ground black pepper
- ¼ tsp sea salt
- 2 tbsp pumpkin seeds (sprouted best)
- *Preferably use organic ingredients

Instructions:

Prepare the Salmon

1. Preheat your oven to 400°F (200°C)
2. Line a baking sheet with parchment paper. Place salmon fillets on the sheet.
3. Drizzle 1 tbsp of avocado oil over the fillets. Sprinkle garlic powder, smoked paprika, black pepper, and sea salt evenly over the salmon.
4. Bake for 12-15 minutes, or until the salmon flakes easily with a fork.

Assemble the Bowl

1. Divide cooked quinoa evenly into two bowls as a base.
2. Arrange spinach, cherry tomatoes, cucumber, shredded carrots, and avocado slices around the bowl.

Top It Off

1. Place the baked salmon fillet on top of each bowl. Sprinkle with pumpkin seeds for a nutritious crunch.

Dress and Serve

1. In a small bowl, whisk the remaining 1 tbsp avocado oil with lemon juice. Drizzle over the bowls.
2. Serve immediately and enjoy the flavors of heart-healthy nutrition!

Recipe (and more meals) available on the MaxLiving Healthy Recipes website!