



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

Warm Quinoa Salad, Carrot Sticks, Grilled Salmon

Quinoa Salad

1 cup quinoa
2 cups vegetable or chicken broth
2 cups asparagus, cut into 1/2 inch pieces
2 Tbs. lemon juice
2 Tbs. extra virgin olive oil

2 Tbs. chopped fresh tarragon
1/2 tsp. Real Salt (or more to taste)
1/2 cup diced roasted red peppers
1/4 cup chopped walnuts
4 cups fresh spinach

Instructions:

- Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes.
- Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add the quinoa and return to a boil.
- Cover, reduce heat to a simmer and cook gently for 8 minutes.
- Remove the lid and, without disturbing the quinoa, add asparagus.
- Cover and continue to cook until asparagus and quinoa are tender, 7-8 minutes longer.
- Drain any remaining water if necessary.
- Whisk lemon juice, olive oil, tarragon and salt in a large bowl. Add peppers and the quinoa mixture. Toss to combine.
- Place a cup of fresh spinach on each plate and top with the Quinoa Salad (the heat from the salad will wilt the spinach to perfection!).

Grilled Salmon with Lemon & Herbs

4 tsp. extra-virgin olive oil, more for oiling the grill
1 (2.5 pound) skin-on side of salmon, pin bones removed
Real Salt and freshly ground pepper
4 lemons, halved
2 Tbs. mixed chopped herbs such as tarragon, marjoram, thyme and parsley

- Grease grill grates with oil then pre-heat grill to medium high heat.
- Meanwhile, brush salmon all over with oil, then season with Real Salt and pepper.
- Arrange salmon on grill, skin-side up and cook, gently flipping once, until golden brown on both sides and just cooked through, about 15 minutes total.
- Meanwhile, arrange lemons on grill, cut-sides down and grill until deep golden brown and fragrant, 5-7 minutes.

- When done, carefully transfer salmon to a large platter, scatter herbs over the top and serve with lemons on the side for squeezing.

Serve warm quinoa salad with salmon platter and a bowl of carrot sticks.