

## Heart-healthy Valentine dinner for 2

### Salmon with vegetable quinoa and leafy greens



#### Ingredients:

1 Tbsp olive or canola oil.  
1-2 stalks celery chopped  
½ medium onion chopped  
1 clove garlic finely diced  
1 green or red ( or combination of colors) bell pepper chopped - should equal about ¾ to 1 cup chopped  
½ cup quinoa  
1 cup water  
1-2 cups chopped kale or other leafy green vegetable such as swiss chard, spinach or collard greens  
1-2 fresh lemons  
2 Salmon fillets (3 ounces each)  
1-2 cups arugula or baby spinach

Heat oil over medium heat in medium sauté pan. Add celery, onion, peppers. Saute 1 min. Reduce heat to low. Add quinoa, water and kale. Top with 2 salmon fillets. Squeeze juice of ½ lemon and over the fish. Fresh ground pepper. Cover pan and cook on low for 15-20 minutes.

Serve over a bed of arugula or other leafy green such as baby spinach with a quarter lemon on the side.

#### Nutrition Info (per serving):

Calories 362

Fat 10.4 g

Saturated 1.2 g

Polyunsaturated 2.1 g

Monounsaturated 3.5g

Carbohydrates 38.0

Fiber 5.3g

Protein 29.6g

Fiber 5.3g