

Inga Binga's Salmon Salad

Makes: 4 Servings

“The way I came up with my recipe was that I read the rules with my mom. We thought a little, jotted down some ideas, and came up with one we liked,” says Ingrid. “And now I know for real that my mom and I make a really great cooking pair. The salmon recipe was my great-grandfather’s recipe. But the salad recipe is mine. It’s gluten-free, which is important, because I have celiac disease. But I think anyone would like it.”

Ingredients

For the salmon:

- 1 pound** salmon fillets
- 1** lemon, juiced
- Beau Monde Seasoning, or any seasoning you like, to taste

For the quinoa:

- 1 cup** quinoa, rinsed
- 2 cups** water
- 2 cups** cherry tomatoes, cut into quarters
- 2 cups** minced arugula
- 3 tablespoons** plain Greek-style yogurt
- 2 tablespoons** freshly squeezed lemon juice
- 2 tablespoons** olive oil
- 1 clove** garlic, crushed
- dash** Sea salt

Directions

Make the salmon:

1. Preheat the oven to 375°F or preheat the grill to medium.
2. Brush both sides of the salmon with lemon juice and sprinkle with the Beau Monde Seasoning. Arrange the salmon in a large baking dish or place it directly on the grill.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	442	
Total Fat	18 g	28%
Protein	33 g	
Carbohydrates	38 g	13%
Dietary Fiber	5 g	20%
Saturated Fat	2 g	10%
Sodium	169 mg	7%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	3 1/2 ounces

3. Bake or grill the salmon until cooked through, about 25 minutes in the oven or 10 minutes on the grill.

Make the quinoa:

1. In a medium saucepan, bring the quinoa and water to a boil. Reduce the heat to low and simmer until the quinoa is tender, about 15 minutes. Let the quinoa cool then add the tomatoes and arugula and stir to combine.

2. In a small bowl, whisk together the yogurt, lemon juice, olive oil, garlic, and salt. Add the yogurt mixture to the quinoa salad, and stir to combine.

3. To serve, place a small (4-ounce) piece of salmon on top of some salad. (Salmon can be served hot or cold over the salad.)

Notes

State: District of Columbia

Child's Name: Ingrid Gruber, 9

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook