

AUTUMN SALMON AND SQUASH BOWL

Preparation: **10** minutes | Cooking: **30** minutes | Servings: **2**

INGREDIENTS

2 salmon filets
1 apple, chopped
3 cups (about 2 bunches) kale
1 ½ cup roasted butternut squash
1 ½ cup roasted cauliflower
1 cup quinoa
1/3 cup crumbled feta cheese
1/3 cup pomegranate seeds
¼ cup pumpkin seeds
¼ cup pecan pieces

2 tablespoon avocado oil
2 teaspoons olive oil
1 teaspoon garlic powder
Salt and pepper

Dressing:
Juice from 1 lemon
½ cup olive oil
2 tablespoons apple cider vinegar
2 tablespoons honey
4 teaspoons Dijon mustard



INSTRUCTIONS

Cook quinoa according to package directions. Preheat oven to 400 degrees. Toss cubed butternut squash and cauliflower florets with avocado oil and season with salt and pepper. Roast on a baking sheet for about 15 minutes until the squash is tender; put aside. In a small bowl, combine all of the ingredients for the dressing and whisk together. Use half as a marinade for the salmon and the rest as a salad dressing. Pour marinade on salmon. Bake at 400 degrees in the oven for 10-12 minutes. Next, massage the kale with olive oil and garlic powder. Toss roasted veggies with the kale. Add chopped apple, pomegranate seeds, pumpkin seeds, feta and pecans. Drizzle with remaining dressing and enjoy!