

GREEN GODDESS SALMON GRAIN BOWLS

Cook Time: **35** minutes | Servings: **4-6**

INGREDIENTS:

1 and 1/2-pound piece center cut salmon filet
4 ounces sugar snap peas, trimmed and sliced in half
2 ripe avocados, halved, pitted and peeled
1 garlic clove, crushed and peeled
6 cups baby spinach
3 cups finely shredded red cabbage
1 cup quinoa rinsed
1 cup fresh parsley

1/2 cup mayonnaise
1/3 cup buttermilk
1/4 cup salted roasted sunflower seeds
2 tablespoons olive oil
1 tablespoon capers in brine drained
2 and 1/2 teaspoons kosher salt
1 teaspoon dried dill
1/2 teaspoon black pepper, plus more to taste
Grated zest of 1 lemon, plus the juice of 2 lemons



INSTRUCTIONS

Preheat the oven to 450 degrees Fahrenheit and line a baking sheet with foil. Bring 2 cups water and 1 tablespoon olive oil to a boil in a medium saucepan. Stir in 1 teaspoon salt and the quinoa. Reduce the heat so the water is barely simmering, cover and cook until the quinoa is tender, about 15 minutes. Set aside, covered, for 10 minutes. Fluff with a fork and stir in the lemon zest. Meanwhile, lay the salmon on the baking sheet. Brush with the remaining 1 tablespoon olive oil and season with 1 teaspoon salt, the pepper and 1/2 teaspoon dried dill. Roast until just cooked through, 10 to 12 minutes. Switch to broil and broil until the top is browned, about 1 more minute. Drizzle with the juice of 1 lemon and let cool while you make the dressing. Combine the parsley, 1 cup spinach, 1 avocado, the mayonnaise, buttermilk, garlic, capers and the juice of the remaining lemon in a blender. Season each with the remaining 1/2 teaspoon salt, dried dill and a few grinds of pepper. Blend until very smooth. To assemble, divide the quinoa among bowls. Top with the remaining spinach. Flake the salmon into chunks; add to the bowls along with the cabbage and snap peas. Slice the remaining avocado and add to the bowls. Drizzle with the dressing; top with the sunflower seeds.