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Prevent and Protect
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MOROCCAN-STEAMED SALMON WITH QUINOA AND CARROTS

WholeLiving.com

Serves 4

Ingredients:

- ½ cup quinoa
- 1 cup water
- 1 Carrot, finely diced
- Kosher Salt
- 2 cups cilantro leaves, plus more for garnish
- 1 clove of garlic, crushed
- 2 Tablespoons lemon juice
- 3 Tablespoons olive oil, plus more for brushing
- ½ Teaspoon cumin powder
- ¼ Teaspoon red chile flakes
- 2 5-oz fillets wild salmon, skin removed
- Freshly ground black pepper

Preparation:

1. Rinse quinoa under cold water. In a small saucepan, bring water and ¼ teaspoon of salt to a boil. Add quinoa and carrots and bring to a boil, then reduce heat and simmer, covered, for 20 minutes. Then fluff with a fork.
2. Combine cilantro, garlic, lemon juice, olive oil, cumin, chile flakes, and ½ tsp salt in a food processor. Process until smooth.
3. Lightly season salmon with salt. Brush bottom of a metal steamer basket with oil. (If using a bamboo steamer, line bottom with a large leaf of lettuce or a piece of parchment paper). Arrange fish in steamer and set over boiling water, covered, for 6 to 9 minutes – or until fish is cooked through.
4. Lift fish out of steamer. Serve over quinoa. Spoon cilantro sauce on top and garnish with fresh cilantro leaves.

PER SERVING: 590 calories; 3 g saturated fat; 24 g unsaturated fat; 34 g carb