

Grilled Honey Dijon Salmon with Zucchini & Quinoa

7 ingredients · 30 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
2. Preheat the grill to medium heat.
3. Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
4. Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
5. Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill

Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini

Use asparagus or green beans instead.

Lower Carb

Omit the quinoa or serve with cauliflower rice instead.

Leftovers

Store leftovers in an airtight container in the fridge up to 2 to 3 days.

Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1/4 cup Dijon Mustard (grainy or regular)
- 2 tbsps Raw Honey
- 1 lb Salmon Fillet
- 4 Zucchini (sliced in half lengthwise)
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	411	Calcium	65mg
Fat	12g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	5g	Thiamine	0.5mg
Monounsaturated	4g	Riboflavin	0.7mg
Carbs	42g	Niacin	10mg
Fiber	5g	Vitamin B6	1.5mg
Sugar	13g	Folate	154µg
Protein	31g	Vitamin B12	3.6µg
Cholesterol	62mg	Phosphorous	495mg
Sodium	528mg	Magnesium	152mg
Potassium	1306mg	Zinc	3mg
Vitamin A	443IU	Selenium	45µg

Cynthia Libert

<https://www.caringforthebody.org>



Vitamin C

35mg