
Citrus Salmon with Quinoa and Spinach

Servings: 4

1/2 cup orange juice
1/2 cup lemon juice
1/2 cup lime juice
3 tablespoons honey
1/2 cup red onion, diced small
3 tablespoons ginger, minced
1/2 cup cilantro, chopped
1 pinch salt and pepper
4 cups baby spinach
2 oranges, sectioned
1 cup black raspberries, whole
4 4 ounce salmon fillets
1 cup quinoa

Combine all juices , honey , red onion , ginger and cilantro salt and pepper. Marinate salmon in mixture for 1 hour.

Remove salmon from marinade and grill approx. 6 minutes until done.

Simmer marinade and reduce to 1 1/4 cups. Pour 1 cup marinade over quinoa, cook 10 minutes until tender , let cool.

Toss remaining cooled marinade with spinach and place on four chilled dinner plates.

Spoon cooled quinoa onto spinach then top with cooked salmon

Sprinkle on orange sections and raspberries.

" Quinoa is the only grain that is a pure protein"

Per Serving (excluding unknown items): 431 Calories; 7g Fat (14.1% calories from fat); 31g Protein; 65g Carbohydrate; 6g Dietary Fiber; 59mg Cholesterol; 118mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 Fruit; 1/2 Fat; 1 Other Carbohydrates.