

Skinny Salmon, Kale & Cashew Bowl

Ingredients:

- 12 ounces skinless salmon
- 2 tablespoon olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 2 gloves garlic, minced
- 4 cups kale, stems removed and chopped
- ½ cup shredded carrot
- 2 cups quinoa, cooked according to package
- ¼ cup cashews, chopped

Optional Lemon Yogurt Sauce:

- ¾ cup Greek yogurt
- 1 teaspoon lemon juice
- 1 clove garlic, finely grated or minced
- ½ teaspoon lemon zest
- ¼ teaspoon kosher salt



Prep: 10 mins | Cook: 15 mins | Ready: 25 mins

Directions:

1. Preheat oven to 400 degrees, line a baking sheet with parchment paper. Place the salmon fillets on to the sheet. Brush the salmon with 1 tablespoon of the oil (reserve the second tablespoon for later) and season with salt and pepper. Bake for 15 minutes until firm and flaky.
2. Meanwhile, heat the remaining oil in a skillet. Once hot, add the garlic, kale and carrot. Cook stirring often, until the kale is wilted and soft. Add quinoa and cashews. Cook, stirring just until hot.
3. Spoon the kale and quinoa mixture into a serving bowl. Remove the salmon from the oven and place on top of the kale. Serve and enjoy.

Optional Yogurt Sauce:

4. In a small bowl, combine all ingredients and mix well. Let sit for about 10 minutes. Drizzle over cooked salmon and enjoy.

Read more: <https://Skinnymys.com/skinny-salmon-kale-cashew-bowl/>