



## Autumn Salmon & Squash Bowl

Serves 2

### Ingredients

2 salmon fillets, about 6 oz. each

#### For the salad:

1 cup quinoa cooked

3 cups roughly 2 bunches kale, washed and de-stemmed

2 tsp. olive oil

1 tsp. garlic powder

1 1/2 cup roasted butternut squash

1 1/2 cup roasted cauliflower

2 tbsp. avocado oil

salt and pepper

1 apple chopped

1/3 cup crumbled feta cheese

1/3 pomegranate seeds

1/4 cup pumpkin seeds

1/4 cup pecan pieces

#### For the dressing & marinade:

1/2 cup olive oil

2 tbsp. apple cider vinegar

juice from 1 lemon

2 tbsp. honey syrup

4 tsp. Dijon mustard

salt and pepper to taste

### Directions:

Cook quinoa according to package directions.

Preheat the oven to 400 degrees F. Toss cubed butternut squash and cauliflower florets with avocado oil and season with salt and pepper. Roast on a baking sheet for approximately 15 minutes until the squash is fork tender. Let cool.

In a small bowl combine all the ingredients for the dressing/marinade and whisk together. Use half as a marinade for the salmon (drizzle on each of the 2 fillets) and the rest as salad dressing. Pour marinade on salmon. Bake at 400 degrees in the oven for about 10-12 minutes until opaque or grill on a grill pan on the stove for 3-4 minutes on each side.

Next, massage the washed and dried kale with olive oil and garlic powder for a few seconds.

Toss roasted veggies with the kale. Add chopped apple, pomegranate seeds, pumpkin seeds, feta, and pecans.

Drizzle with remaining dressing and enjoy!