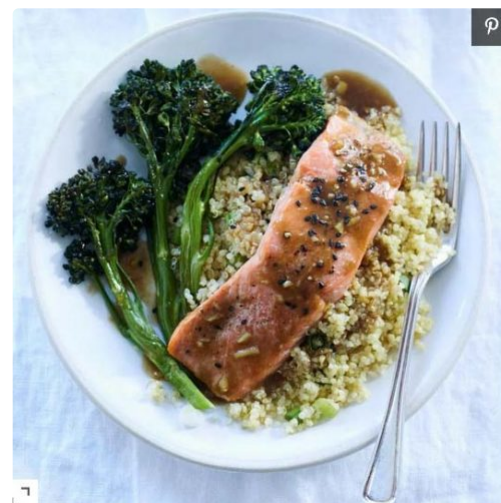


# Orange-Sesame Salmon with Quinoa & Broccolini



Sharon

A quick Asian orange sauce gives this healthy salmon dinner recipe bright flavor



COOK TIME

25 mins

TOTAL TIME

25 mins



COURSE  
Main Course

CUISINE  
Chinese



SERVINGS  
4 People

CALORIES  
414 kcal

## INGREDIENTS

- 1 cup quinoa
- 1/2 cup cup orange juice plus 1/3 cup, divided
- 2 scallions, sliced
- 1 bunch broccoli
- 1 tbsp tablespoon extra-virgin olive oil
- 1/2 tsp ground pepper, divided
- 3 tsp toasted sesame oil, divided
- 1/4 tsp garlic powder
- 4 ounce Salmon fillits (x 4) x 4 fillets
- 1 tsp black sesame seeds
- 1 tbsp minced fresh ginger
- 1 tbsp reduced-sodium tamari
- 1 tsp cornflour

## INSTRUCTIONS

**Step 1**

1. Prepare quinoa according to package directions, substituting 1/2 cup orange juice for 1/2 cup water. Remove from heat and stir in scallions. Cover to keep warm

**Step 2**

1. Preheat oven to 450 degrees F. Line a rimmed baking sheet with foil.

**Step 3**

1. Toss broccolini with oil and 1/4 teaspoon each salt and pepper in a large bowl. Transfer to the prepared baking sheet. Roast for 8 minutes.

**Step 4**

1. Meanwhile, combine 2 teaspoons sesame oil, garlic powder and the remaining 1/4 teaspoon each salt and pepper in a small bowl. Brush the mixture on salmon.

**Step 5**

1. Push the broccolini to one side of the pan and place the salmon on the other side. Bake until the salmon is just cooked through, 5 to 8 minutes. Sprinkle the salmon with sesame seeds.

**Step 6**

1. Whisk the remaining 1/3 cup orange juice, 1 teaspoon sesame oil, ginger, tamari and cornstarch in a small microwave-safe bowl. Microwave on High for 1 minute. Divide the quinoa, broccolini and salmon among 4 plates. Drizzle with 2 tablespoons sauce each.

**NOTES**

## Nutritional Facts

Serving Size: 3 oz. salmon, 3/4 cup quinoa & 1/2 cup broccolini each

Per Serving:

414 calories; protein 31.8g 64% DV; carbohydrates 38.8g 13% DV; exchange other carbs 2.5; dietary fiber 4.2g 17% DV; sugars 8g; fat 14.1g 22% DV; saturated fat 2.4g 12% DV; cholesterol 53mg 18% DV; vitamin a iu 1348.6IU 27% DV; vitamin c 80.7mg 134% DV; folate 112.1mcg 28% DV; calcium 123.4mg 12% DV; iron 3.5mg 20% DV; magnesium 126.7mg 45% DV; potassium 977.5mg 27% DV; sodium 391.9mg 16% DV.



KEYWORD

Asian, Salmon, Sesame