

SPOTLIGHT RECIPE

HARISSA GLAZED SALMON WITH LEMON MINT QUINOA

The American Heart Association recommends consuming at least two servings of fish (with an emphasis on fatty fish like salmon) every week to reduce the risk of a heart attack or stroke. Fish like Alaska salmon is high in omega-3 fatty acids, which research has shown can improve heart health.

SERVES 6



INGREDIENTS

- 1 tablespoon harissa seasoning
- 1 tablespoon water
- 1 tablespoon olive oil
- 1 tablespoon honey
- Juice of 1 lemon
- Six 4-6 ounce Alaska salmon filets
- Olive oil or oil spray for the skillet

For the Lemon-Mint Quinoa

- 1/2 teaspoon olive oil
- 2 cloves garlic, minced
- 1 cup dry quinoa, rinsed
- 2 cups vegetable or chicken broth
- 1/2 lemon zest
- 3 tablespoons freshly squeezed lemon juice
- 3 tablespoons chopped fresh mint

DIRECTIONS

Prepare the quinoa: In a medium saucepan, heat the oil and garlic over low heat. Add the quinoa, stirring, and cook about 1 minute to toast the quinoa. Add the broth and lemon zest. Cover and simmer on low heat 15 minutes. Once the quinoa is done cooking, stir in the lemon juice and mint.

While the quinoa cooks, prepare the salmon. In a small bowl, stir together the harissa seasoning, water, olive oil and honey. Rinse the salmon fillets and pat dry with a paper towel. Squeeze the lemon juice onto the salmon.

Heat a large nonstick skillet over medium-high heat (medium heat if your stove tends to run very hot). Spray or lightly grease the skillet. Place the salmon fillets flesh side down in the skillet and gently press with a spatula. Cook without disturbing 2-3 minutes, then flip. Brush the salmon with the harissa sauce. Cook an additional 4-5 minutes, or until the skin is crispy and the salmon is cooked to your liking in the middle, brushing with more sauce every minute or so.

Side dish

Quinoa
Cherry Tomato Salad

