



## Horseradish-Mustard Salmon

**Prep: 20 minutes**

**Cook: 10 minutes • Serves: 2**

- 1 package (about 5 ounces) quinoa blend
- 3 teaspoons olive oil
- ¼ cup sliced almonds, toasted if desired (optional)
- 1 tablespoon refrigerated prepared horseradish
- 1 tablespoon Dijon mustard
- 1 teaspoon fresh lemon juice plus ½ small lemon, sliced for garnish (optional)
- ½ teaspoon dried tarragon or 1 teaspoon chopped fresh tarragon leaves
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¾ pound fresh salmon fillet, cut into 4 equal pieces

1. In small saucepot, prepare quinoa blend as label directs with 1 teaspoon olive oil; stir in almonds, if desired.
2. Meanwhile, in small bowl, stir horseradish, mustard, lemon juice, tarragon, salt and pepper until well blended.
3. Heat remaining 2 teaspoons oil in large skillet over medium-high heat. Add salmon, skin side up; cook 5 to 6 minutes or until golden brown on bottom. Turn salmon and cook 4 to 5 minutes or until internal temperature reaches 145°F; spread some horseradish-mustard sauce over salmon pieces during last 3 minutes of cooking.
4. Slide spatula between skin and salmon to remove skin. Serve salmon over quinoa blend drizzled with remaining horseradish-mustard sauce; garnish with lemon slices, if desired.

*Approximate nutritional values per serving:*

*662 Calories, 31g Fat (7g Saturated), 74mg Cholesterol, 953mg Sodium, 54g Carbohydrate, 6g Fiber, 37g Protein*

### Helpful tip:

> A 3-ounce serving of salmon is not only loaded with 19g of protein, but also is low in sodium and an excellent source of omega-3s. These omega-3s are healthy fats that are beneficial for our bodies in more ways than one. They can help reduce high triglyceride levels in the blood, which can lower your risk for heart disease. Also, omega-3s can help with inflammation in those with arthritis to reduce stiffness and joint pain.

On opposite page: Pork loin is a lean cut of protein. So look for “loin” in your cut of meat when you’re shopping!