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## Almond-Crusted Salmon with Chickpea, Cherry, and Almond Quinoa

Created by Amie Valpone, for Almond Board of California

A fresh and flavourful meal, this main course offers a punch of protein with almonds, quinoa, chickpeas and salmon.

*Gluten-Free, Dairy-Free*

**Makes 4 servings**

### What you need:

- 1 cup (250 mL) uncooked quinoa
- 2 tbsp (30 mL) sliced almonds
- 2 tbsp (30 mL) finely chopped fresh parsley
- Juice of 1 fresh orange
- Sea salt and freshly ground black pepper, as needed
- 4 salmon fillets (5 ounces each) (142 grams)\*
- 1 can (15 ounces) (425 grams) chickpeas, drained and rinsed
- 1 tsp (5 mL) extra-virgin olive oil
- 1 tbsp (15 mL) dried cherries
- 2 tbsp (30 mL) finely chopped fresh cilantro
- 1 tsp (5 mL) orange zest
- 1/2 tsp (2 mL) sea salt, separated
- 1/2 tsp (2 mL) freshly ground black pepper, separated

### How you prepare:

Preheat oven to 425° F (220°C). Spray a shallow baking dish with nonstick cooking spray.

Rinse quinoa thoroughly in cold water and drain. Place the rinsed quinoa in a medium saucepan with 2 cups (500 mL) water and bring to a rolling boil. Turn down to low heat, cover and cook for 15 minutes until all the water is absorbed. Remove from heat.

Meanwhile, in a medium sized bowl, combine sliced almonds, parsley, 1/4 tsp (1 mL) each of sea salt and pepper; mix well to combine.

Place the salmon fillets, skin side down in the prepared baking dish. Drizzle orange juice onto each fillet, then coat each fillet with the almond-parsley mixture.



*Photo courtesy of Amie Valpone*

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Transfer the salmon to the oven for 10-12 minutes or until salmon is cooked through. Remove from the oven, cover with aluminum foil and set aside for 5 minutes.

Meanwhile, transfer cooked quinoa to a large mixing bowl and combine with chickpeas, olive oil, dried cherries, cilantro, orange zest and 1/4 tsp (1 mL) each of sea salt and pepper; mix well to combine and set aside.

Remove foil from the salmon; transfer salmon to four serving plates with a side of cooked quinoa. Serve warm.

\*Recipe can be made vegan and vegetarian by using extra-firm tofu instead of salmon.

**Nutritional Analysis:** per serving

Calories: 495.6	Fibre: 4.734g
Fat: 15.3g	Cholesterol: 65.2mg
Sat Fat: 2.027g	Sodium: 556.6mg
Mono Fat: 6.047g	Calcium: 84.1mg
Poly Fat: 4.139g	Magnesium: 162mg
Protein: 41.4g	Potassium: 900.9mg
Carb: 47.6g	Vitamin E: 1.817mg*

\* total alpha-tocopherol equivalents

Recipe used with permission from the Almond Board of California. Visit [www.almondboard.com](http://www.almondboard.com) for more great recipes.

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Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.

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