



Chef Osman's Salmon Power Bowl

with Blueberry Ginger Sauce

Yield: Three servings

Ingredients

6 oz. salmon

1 pinch salt

1 pinch black pepper

2 tablespoons extra virgin olive oil

1 cup blueberries

1/8 white onion, chopped

2 teaspoons garlic, finely minced

1 tablespoon plus one teaspoon
ginger, finely minced

1 cup uncooked quinoa

2 cups chicken stock

1 oz. chopped pecans

2 cups spinach

Additional salt and pepper to taste



American Heart Association.
Healthy for Good™

The American Heart Association and Healthier Northshore are working together to address the social determinant of food insecurity on a systematic level by providing fresh food, education and a community of support to keep those without access connected to healthy choices.



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Directions

1. Preheat your favorite skillet on medium. As it comes to temp, separately season both sides of salmon with a pinch each of salt and pepper.
2. Add ½ tablespoon of olive oil to heated skillet. After a minute or two – once the oil heats up and looks very shiny when moved around in the pan – add salmon and sear for 3 to 4 minutes on each side. Remove from pan and set aside.
3. Clean your skillet, heat it over medium heat again then add 1 tablespoon of olive oil. Once oil is hot, add blueberries, onion, 1 teaspoon garlic, and 1 tablespoon ginger. Cook, stirring, until blueberries burst and you can mash all ingredients together. Remove mixture from skillet and set aside.
4. Prepare quinoa by bringing 1½ cups of chicken stock to a boil in a pot. Add quinoa. Lower heat and allow to simmer for 15 minutes. Remove from heat and let stand for five minutes, then gently mix in chopped pecans.
5. Clean your skillet once more and heat it on medium-high heat. Once it comes to temperature, add ½ tablespoon olive oil. Sauté 1 teaspoon of garlic in heated oil for 1 minute. Add remaining ginger, along with spinach, ¼ cup chicken stock, and salt and pepper to taste. Reduce until 80% of liquid is evaporated.
6. To serve, scoop a cup of cooked quinoa onto center of a plate, then place a serving of sauteed spinach mixture over center of quinoa. Add salmon on top of spinach, topped by 1/3 of the blueberry ginger sauce.
7. Enjoy!