



# Quinoa Fonio Crusted Salmon With Sautéed Collard Greens

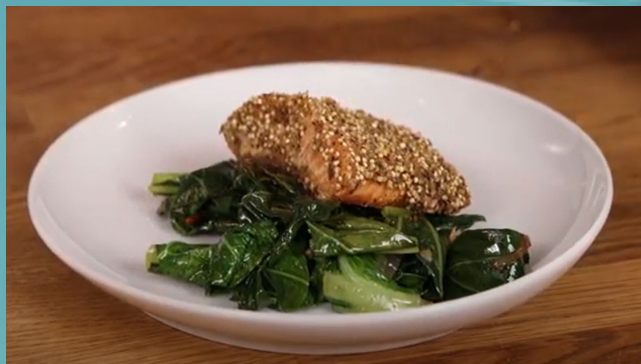
## Ingredients

### Salmon

- 4 salmon fillets (about 3 oz. each)
- 1 egg
- 1 Tsp hot sauce of your choice
- ½ cup raw Fonio
- ½ cup raw Quinoa
- ½ cup finely chopped pecans
- 2 Tbs chopped fresh parsley
- 1 Tsp garlic powder
- 1 Tsp freshly ground black pepper
- ½ Tsp chili flakes
- Zest of ½ lemon & ½ lime
- Use avocado oil for cooking

### Collard Greens

- 1 large bunch collard greens
- 2 Tbs avocado or olive oil
- 2 medium shallots, chopped
- 2 minced garlic cloves
- 1 Tsp freshly ground black pepper
- Juice from ½ fresh lemon



**Estimated Time: 40 minutes**

## Nutrition Per Serving

Serving Size: 1 salmon fillet

Calories	479
Protein	27g
Total Carbohydrates	41g
Sugar	1g
Fiber	7g
Total Fat	23g
Saturated Fat	3g
Polyunsaturated Fat	7g
Monounsaturated Fat	13g
Tran Fat	0g
Cholesterol	109mg
<b>Minerals</b>	
Sodium	68mg
Potassium	879mg
Phosphorus	436mg
Calcium	106mg

Recipe provided by  
Chef JJ Johnson

## Directions

### Salmon

1. Preheat oven to 350 degrees F
2. Fish should be room temperature before cooking
3. Beat egg with hot sauce and fresh ground black pepper
4. Combine Quinoa & Fonio with pecans, parsley, garlic powder and black pepper in a food processor until fine. Place on a plate or shallow bowl
5. Heat large oven-proof sauté pan over medium heat then add oil to coat the bottom
6. Dip salmon fillets into the egg, shaking off excess, then dip into grain mixture and coat on all sides
7. Carefully place the fillets in the hot pan with the skin side down and sauté for about 3 minutes until the bottom turns golden
8. Place pan in the oven to finish cooking. Roast for about 5-6 minutes or until the fish reaches desired doneness

### Collard Greens

1. Wash collard greens well and chop
2. Heat a large skillet over medium heat then add enough oil to coat
3. Add shallots and sauté over low heat until starting to turn golden
4. Add the garlic and black pepper and continue to cook for 1 minute more, keeping a close eye on the garlic so it doesn't burn
5. Add the greens, turn the heat up to medium high and sauté for about 10 minutes, stirring often until the collards are tender
6. Turn off the heat and squeeze lemon juice over the greens
7. Serve with salmon