serenity bowl



cook time:	prep time:	featured product:
20	**10**	**SUPERGREENS!**

the serenity bowl is packed with ingredients proven to reduce anxiety and encourage a calming effect. This salad is also topped with quinoa and chia crunchies which will immediately become your favorite salad topping ever.

ingredients

serves 4

evoo
4 – 5oz pieces of wild caught salmon
dried thyme
12oz cooked quinoa, 1oz reserved
4oz **organicgirl® SUPERGREENS!**
3oz marcona almonds, rough chopped
1 large ripe avocado
2 corn on the cob
1 tbsp chia seeds
salt and pepper

dressing:
1 cup greek yogurt
2 tbsp evoo
1 1?2 tsp turmeric
2 tbsp fresh lemon
1 clove garlic
salt and pepper
1?4 cup **organicgirl® 50/50!**
1?4 cup basil
water

directions

1. preheat oven to 300.

2. add 2 tbsp of evoo to pan. add 1oz quinoa and the chia to pan. toast until crispy, about 4 minutes. reserve.

3. shuck corn and bake in oven (25 minutes total).

4. next, drizzle oil in a baking dish. add salmon, skin side down, and top with additional drizzle of evoo, dried thyme, s&p.

5. slow roast for approx 20 minutes or until cooked to medium.

6. rough chop almonds, and thinly slice avocado.

7. combine remaining quinoa and super greens. divide between 4 bowls. top with avocado, salmon and quinoa crunchies.

dressing procedure:
combine first 6 ingredients in a blender and blend until smooth.

then add 50/50 and basil and pulse until green specs appear.

use water to thin if necessary.

nutrition

of servings 4
calories: 795
total fat: 49g
cholesterol: 78.5 mg
sodium: 134mg
total carbohydrate: 45.8g
total sugars: 9g
protein: 47g