



**'KardiacCrock' Jalapeno Cilantro Almond Crusted Salmon
with Beet Green Quinoa**

Makes 4 portions

- 4 6oz center cut salmon fillets (skin on)
- ½ cup olive oil
- 1 cup sliced almonds
- 1 cup fresh cilantro (rough chopped)
- 1 fresh jalapeno (add to taste)
- 2-3 small limes, zest and juice
- 12 cherry tomatoes on the vine

For the beet leaf quinoa;

- 2 cups quinoa
- 4 cups chicken or vegetable broth
- 1 bunch fresh beets (leaves on)
- 1 onion, finely diced
- 1 tsp garlic, minced
- Pinch of salt (optional)

Add the quinoa to a saucepan and whisk in the broth. Bring to a boil, stir and reduce to a simmer. Cover with a lid and simmer for about twelve minutes until the broth is absorbed and the quinoa is light and fluffy.

In a sauté pan, add a little olive oil and the diced onion. Add a pinch of salt and sauté until soft about five minutes. Finely shred the beet greens and add to the pan and stir for about one minute. Peel one of the beets and grate into a bowl. Add to the pan and stir. Stir in the quinoa and set aside, keep warm.

Prepare the 'pesto' for the salmon. Dice the jalapeno (not the seeds) Add to a food processor with the cilantro, almonds, lime zest and juice and olive oil. Pulse until a crunchy paste is formed and set aside.



Place a piece of aluminum onto a baking sheet and place the salmon skin side down onto the aluminum. Drizzle with a little of the pesto and bake at 400 degrees Fahrenheit for about twelve to fifteen minutes. Place the tomatoes, drizzled with a little olive oil into the oven for six to eight minutes.

Remove the salmon and tomatoes from the oven. Divide the quinoa between four plates and place a piece of salmon on top of each, leaving the salmon skin stuck to the aluminum.

Drizzle the plates with the remaining 'pesto' and garnish with the baked cherry tomatoes.