



**Pepper Rubbed Salmon Fillet with Rainbow Quinoa,  
Fresh Green Beans, and Creamy Tofu Caesar Dressing**

**Low Fat Dressing:**

- 5 ounces silken firm tofu, well drained
- 1/4 cup fresh lemon juice
- 2 Tablespoons white or sweet miso
- 1 Tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoons agave nectar
- Black pepper to taste
- 1to 2 Tablespoons water or as desired

Place tofu, lemon juice, miso, vinegar, mustard, garlic, and agave in food processor. Process until mixture is smooth. Add water until desired consistency. Set dressing aside.

### **Pepper Rubbed Salmon with Rainbow Quinoa and Fresh Green Beans**

1/2 teaspoon medium hot chili powder  
1/8 teaspoon cumin  
1/2 teaspoon original or smoked paprika  
1/2 teaspoon salt  
1/8 to 1/4 teaspoon black pepper  
1 pound salmon fillets, boned  
1/2 Tablespoon olive oil  
1/2 pound tender green beans, cooked  
2 cups cooked rainbow quinoa  
1/4 cup chopped sweet onion  
1/4 cup sweet relish

Preheat oven to 425 F degrees. On a flat plate, combine chili powder, cumin, paprika, salt, and black pepper. Sprinkle and pat the seasoning on salmon.

Heat olive oil in ovenproof skillet. Add salmon, skin side down into hot skillet. Sear over medium high heat, turning once, until golden brown about 2 minutes per side.

Place skillet in preheated oven; bake for about 8 minutes or salmon is cooked as desired.

Meanwhile, stir about 6 Tablespoons of dressing into warm quinoa. Toss beans with 1/2 teaspoon olive oil; season with salt and pepper if desired.

To Serve: Spoon the quinoa onto serving platter. Top with string beans. Arrange the salmon over the beans. Drizzle some dressing over the fish;

garnish the top with combined sweet relish and onions. Serve remaining dressing on the side. Serves: 2 to 4

**Note:** Any remaining dressing can be saved for about a week. Cover; store in the refrigerator.