

# Salmon Quinoa Salad with Honey Soy Dressing

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-with-salmon-recipe>

## Ingredients:

- 3/4 cup quinoa
- 1 pinch sea salt
- 1/2 bunch chard stems trimmed, thinly sliced
- 1 cup snap peas chopped
- 2 medium carrots julienned or grated
- 1 tablespoon sesame seeds
- 2 cups salmon leftover cooked, flaked, or 1/2 lb fresh salmon pan-seared
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 1/2 tablespoon rice vinegar
- 1/2 tablespoon red wine vinegar
- 1 tablespoon whole grain mustard
- 1 teaspoon red pepper flakes optional
- 1/4 cup extra virgin olive oil

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 37 grams
3. Fat: 17 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 680 milligrams
8. Sugar: 12 grams

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