



## serenity bowl

cook time:  
**20**

prep time:  
**10**

featured product:  
**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