



Pumpkin Crusted Salmon

Ingredients for 4 salmon filets:

- 4 salmon filets, 3 oz each
- ¼ c. toasted pumpkin seeds
- 1 tbsp. canola oil
- ½ cup quinoa, uncooked
- 1 cup vegetable broth, warmed
- ½ cup corn kernels
- ½ cup kale leaves
- ½ cup cherry tomatoes, roasted

Directions:

- Bring quinoa to boil in 1 cup of water, then cover and simmer until tender, approximately 20 minutes
- Spread cherry tomatoes on a cookie sheet lined with parchment paper and roast them in an oven at 400° for 15 minutes, or until soft
- Pulse the pumpkin seeds in a food processor, and then spread them out on a plate. Press the salmon fillets, one by one and skin side up into pumpkin seeds.
- Heat a skillet with canola oil to medium-high heat. Add the salmon to the pan crust side down and cook 3-5 minutes; flip the salmon and continue cooking for another 2-3 minutes.
- Once salmon is finished cooking, heat corn kernels and kale leaves in pan until warm and kale starts to wilt
- To plate dish, ladle ¼ cup of vegetable broth into each of four dishes; divide the quinoa, corn, kale and tomatoes among the bowls. Top each plate with a salmon filet, crust side up

Nutrition per serving: 549 kcals, 31 g fat (5.4 g sat fat), 42 mg cholesterol, 161 mg sodium, 36 g carbs, 7 g fiber, 7 g sugar, 40 g protein

Mindful Tips

Salmon has earned a permanent spot on the superfoods list thanks to its high levels of omega-3 fatty acid—a type of good-for-you fat that has a long list of health benefits going for it. Omega-3s have been shown to reduce inflammation in the body, reduce the risk of heart disease and type-2 diabetes, lower bad cholesterol, decrease triglycerides, and help lower blood pressure. Learn more at mindful.sodexo.com

Now with three locations, **Five Loaves Cafe**, and its sister restaurants Sesame Burgers and Beer, were founded by owners Casey Glowacki and Joe Fischbein. At Five Loaves Cafe, they go to great lengths to create a healthy, sustainable and more responsible menu and restaurant for their customers. They partner with local purveyors and makers of food, wine and beer and also work with local farms to provide fresh vegetables and only serve antibiotic-free chicken and turkey raised in the Carolinas.