

Blackened Salmon with Quinoa and Kale (Healthy)

Ingredients:

- 2 salmon fillets
- 2 tbsp **Big Haole's Blackened**
- 1 tbsp olive oil
- 1 cup cooked quinoa
- 2 cups kale, chopped
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Prepare the Salmon:

- Rub salmon fillets with olive oil and generously coat with **Big Haole's Blackened** seasoning.

2. Cook the Salmon:

- Heat a non-stick skillet over medium heat. Cook salmon for 3-4 minutes per side until blackened and flaky.

3. Prepare the Kale:

- Sauté kale in a small amount of olive oil until tender. Season with lemon juice, salt, and pepper.

4. Assemble the Dish:

- Serve the salmon over a bed of quinoa and kale. Garnish with a lemon wedge for extra zest.