

Salmon and Beet Power Salad



With January around the corner, resolution season is in full swing! If you're looking to [eat better this new year](#), this nourishing power salad, approved by our registered nutritionists-dietitians, is a perfect choice. Featuring salmon and fibre-rich roasted vegetables, it's a balanced, comforting, and colourful meal. An ideal option to brighten up your weekday lunches.

Preparation 15 min

Cooking 45 min

Servings 4

Nutrition Facts (per serving)

Calories 480

Fat 26

Carbohydrates 31

Fibre 7

Protein 31

Sodium 550

Ingredients

- 3 medium yellow or red beets, peeled and quartered

- 3 medium carrots, peeled and cubed
- ½ butternut squash, peeled, seeded, and cubed
- Canola oil spray
- 2.5 ml (½ tsp) onion powder (or garlic powder)
- 2.5 ml (½ tsp) four-spice blend
- Pepper and salt, to taste
- 454 g (1 lb) salmon fillet*
- 15 ml (1 tbsp) whole grain mustard
- 15 ml (1 tbsp) maple syrup
- 1 pinch of four-spice blend (or cinnamon or nutmeg)
- 1 container (142 g) mixed baby greens
- 60 ml (¼ cup) crumbled goat cheese (or light feta), optional
- 250 ml (1 cup) beet hummus ([homemade](#) or store-bought), optional

Preparation

1. Preheat the oven to 375°F (190°C).
2. On a large parchment-lined baking sheet, place the beets, squash and carrots. Spray with oil, sprinkle with onion powder, four-spice blend, salt and pepper. Toss to coat. Roast for 25 minutes.

3. Remove from oven. Place the salmon fillet, skin side down, directly over the vegetables. Brush with maple syrup, mustard and spice blend.
4. Return to oven and roast for another 20 minutes, or until the salmon flakes easily with a fork.
5. Let cool slightly, then flake the salmon into large pieces.
6. Spread hummus in the bottom of 4 bowls. Top with greens, roasted vegetables, flaked salmon and goat cheese, if using.

Notes

Keeps for 3 days in the refrigerator in an airtight container.

*Canned salmon can be used instead. Simply roast the vegetables as directed.



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