Roasted Salmon with Yogurt Dill Sauce

Baked Cheesy Quinoa with Pesto

RECIPEs BY JULIe OHANA, HADASSAH MEMBER AND FOUNDER OF CULINARYARThERAPy.COM

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**Salmon**

1 salmon fillet per person (6-7 ounces per piece)
1-2 tsp. of Dijon mustard per piece
1 Tbsp. dried dill
½ tsp. kosher salt
½ tsp. pepper
1 lemon, sliced thinly

Line a sheet pan with parchment paper, wipe dry salmon with a paper towel, then place salmon skin side down on parchment paper.

Spoon 1-2 teaspoons of Dijon mustard on each piece of salmon to your liking. Sprinkle it with dill, salt and pepper. Slice lemon in very thin slices and place 2-3 slices on each piece of fish.

Roast for about 12 minutes at 425 degrees.

**Dill Sauce**

½ cup of Greek yogurt
2 Tbsp. light mayo
2-3 Tbsp. lemon juice
½ cucumber diced in very small pieces
1 clove of garlic, minced
1 tsp. dill (fresh or dried)
½ tsp. kosher salt and pepper

Mix all ingredients together and serve alongside fish.

**Baked Cheesy Quinoa**

2 cups of cooked quinoa
½ cup of Labaneh (can substitute ricotta or Greek yogurt)
1 egg
1 cup frozen spinach, drained
10 cherry tomatoes, halved
2 cloves of garlic, minced
½ tsp. Dried basil
½ tsp. Kosher salt
½ tsp. Pepper
1 cup mozzarella cheese
¼ cup parmesan cheese
3 Tbsp. Pesto (recipe below)

Once the quinoa has cooled down, mix in a large bowl with labaneh, egg, spinach, tomatoes, garlic, basil, salt and pepper. Mix in ¼ cup of the mozzarella cheese.

Set aside.

In a medium size baking dish, spray with nonstick cooking spray. Pour the quinoa mixture into the baking dish and cover with the rest of the cheese. Using a small spoon, dollop the pesto over the top of the cheese.

Bake at 375 degrees for about 20 minutes until all the cheese is melted and bubbly. Enjoy!

**Pesto**

1 cup basil leaves, washed, stems removed
3 Tbsp. pine nuts
1 Tbsp. fresh lemon juice
2 cloves garlic
½ tsp. Kosher salt
½ tsp. Pepper
¼ cup parmesan cheese
¼ cup olive oil

Place the first 6 ingredients in a food processor or blender. Pulse until combined well. Pour in the olive oil and mix until smooth and creamy. You can add in the cheese and pulse, or mix by hand to keep, or skip the cheese altogether.