**Asian Salmon Salad with Quinoa**

**Produce**

garlic (if needed)

1 sweet onion

1 head red or green leaf lettuce

fresh basil leaves(if needed)

1 cucumber

1 red bell pepper

1 green bell pepper

1 fennel bulb

1 piece fresh ginger

cherry tomatoes (if needed)

1 mango

**Canned/Dried Foods**

quinoa (if needed)

low-sodium vegetable broth (if needed)

sesame oil (if needed)

low-sodium soy sauce (if needed)

rice wine vinegar(if needed)

honey (if needed)

prepared Mustard (if needed)

Asian garlic pepper sauce(if needed)

**Frozen Foods**

**Meat/Fish/Poultry  
  
6 oz. fresh salmon *(if needed)***

**Chilled Foods/Dairy**

6 oz. cold, leftover, cooked salmon (from fridge at home)

**Additional Items**

good artisan whole grain rolls