**Baked Salmon, Quinoa Pilaf and Seared Cabbage and Onions**

**Produce**

garlic (if needed)

1 sweet onion

1 bunch green onions

one half head green cabbage

fresh cilantro(if needed)

1 bunch curly parsley

red bell pepper(if needed)

1 piece fresh ginger

2 lemons

**Canned/Dried Foods**

quinoa (if needed)

low sodium vegetable broth(if needed)

low sodium soy sauce(if needed)

**Frozen Foods**

frozen corn(if needed)  
  
frozen peas (if needed)

**Meat/Fish/Poultry**

two 5 oz. fresh salmon fillets

**Chilled Foods/Dairy**

None today

fresh, tomato salsa *(if needed)*