

## Easy Feijoada Completa with Grilled Salmon

*This national meal of Brazil is one of my favorite personal chef dinners to make. It usually is made with pork or beef, but today I am adding grilled salmon. This covers some of our "Super Food" groups such as fish, olive oil, dark leafy greens, legumes and whole grains. For an anti-aging dessert, add some strawberries dipped in chocolate and a sprinkling of crushed toasted almonds and served with honey yoghurt. You have hit 8 of these super foods! There are 4 different components, all cooked separately and then layered onto one big platter.*

**Serves: 2**

**Ingredients:**

### **The Black Beans**

- 1 15.5 oz. can of black beans
- ½ onion, diced
- 1 garlic clove, diced
- ½ green pepper, diced
- 1 smoked sausage, diced
- 2 tablespoons of regular olive oil

### **The Rice**

- 2 cups of brown rice
- 4 cups chicken stock

### **The Collard Greens**

- 4 cups of cut, bagged and washed collards
- 2 tablespoons of regular olive oil
- 2 cloves of garlic, minced
- 1 lime or lemon juice
- Salt and pepper to taste

### **The Salmon**

- 1-pound salmon filet
- 1 tablespoon of regular olive oil
- 1 tablespoon lemon or lime juice
- Salt and pepper to taste