Recipe: Miso Salmon with Quinoa and Broccoli

3 MIN READ

APR. 30, 2026

BY MAGGIE MICHALCZYK & LAUREN GRAY

Minimal prep. A handful of ingredients. Here’s a heart-healthy weeknight dinner you’ll put on repeat.

A sheet pan dinner is a busy-night lifesaver. And when it’s designed by a dietitian to boost essential amino acids and **anti-inflammatory** ingredients, it’s a health win too.

This recipe spotlights wild-caught salmon, with its powerful hit of omega-3 fatty acids and one of the highest **concentrations of tryptophan** found in any whole food. But if salmon is the superstar headliner, the supporting cast of grains and veggies also competes to steal the show: Miso and ginger deliver proven anti-inflammatory benefits. Broccoli activates the body’s own antioxidant defenses. Quinoa rounds out the amino acid profile, giving your body everything it needs to convert that tryptophan into serotonin and, eventually, melatonin.

The result is a meal that’s genuinely good for your brain, your cardiovascular system, and your sleep — all on one pan, in just minutes of active prep. This is what eating for longevity actually looks like: not a supplement stack or a restrictive protocol, but real food, thoughtfully combined, doing quiet but powerful work.

ADVERTISEMENT

Why It Works

Wild-caught salmon is one of the richest dietary sources of omega-3 fatty acids (EPA

and DHA), which directly suppress the inflammatory pathways that drive chronic disease. Salmon is also one of the best food sources of tryptophan — boasting **285mg of tryptophan** per 100g of fish — and its complete protein profile gives the body everything it needs to convert that tryptophan into serotonin.

Coconut aminos are a lower-sodium alternative to soy sauce — relevant because excess sodium is linked to **vascular inflammation** over time. It also contributes small amounts of naturally occurring amino acids, including tryptophan.

White miso paste is a fermented food that supports a healthy gut microbiome, which is central to both inflammation regulation and serotonin production. Research shows that roughly **90% of the body's serotonin is made in the gut** — so gut health directly shapes how well the body uses dietary tryptophan.

Fresh ginger contains gingerols and shogaols, bioactive compounds shown to inhibit COX-2 — the same inflammatory enzyme targeted by common anti-inflammatory medications. One of the most **well-researched anti-inflammatory foods** available.

Broccoli is rich in sulforaphane, which activates the body's own **antioxidant defense systems** and reduces markers of inflammation. Also contains vitamin C, which supports tryptophan metabolism.

Avocado oil is high in oleic acid — the same monounsaturated fat behind olive oil's heart-health reputation — and shown to reduce inflammatory markers including IL-6 and CRP. Also stable at higher cooking temperatures, which matters because **oxidized oils** can be pro-inflammatory.

Quinoa is one of the few plant foods containing all nine essential amino acids, including tryptophan. Paired with salmon, it gives the body an abundant amino acid pool — **supporting more efficient conversion** of tryptophan into serotonin and melatonin.

The Recipe: Miso Salmon with Quinoa and Broccoli

Developed by a registered dietitian, this anti-inflammatory and tryptophan-rich recipe is ideal for better mood, sleep, and brain health. Packed with macro- and micronutrients, it’s a well-rounded weeknight meal that even beginner chefs can master and expert chefs can make their own.

Serves: 2

Ingredients:

- 2 wild-caught salmon filets
- 1/3 cup coconut aminos
- 1 tbsp. white miso paste
- 3 tsp. fresh ginger
- 1/2 tbsp. honey
- 1 ½ cup broccoli, chopped
- 2 tbsp. avocado oil
- ½ tsp. salt & pepper
- 1 tsp. garlic powder
- 1 cup quinoa, cooked

Instructions

1. Preheat the oven to 350 degrees F. In a small bowl, whisk together the coconut aminos, white miso paste, honey, and fresh ginger.
2. Coat the fish filets in the marinade, cover and refrigerate for 30 minutes.

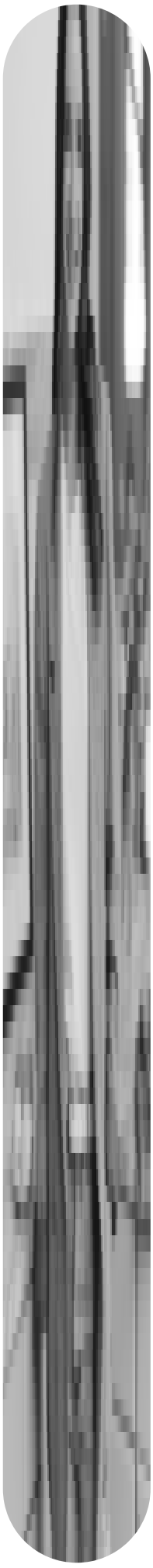
3 Next, chop the broccoli, drizzle with avocado oil, then salt, pepper and garlic powder. Add the broccoli and salmon filets to a sheet pan. Bake for 25 minutes until the fish is opaque and fork tender.

4. 4 Serve fish over quinoa with broccoli and enjoy!

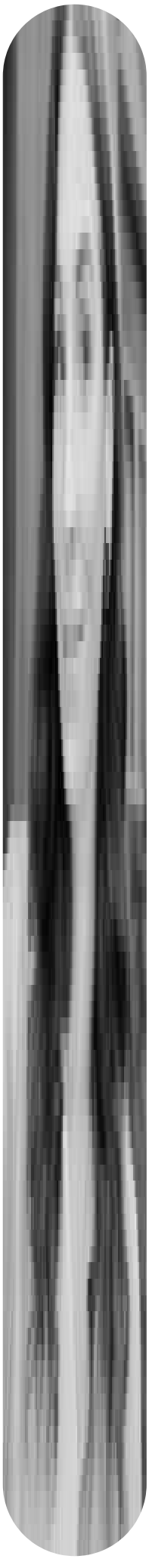
Read This Next:

*The information provided in this article is for educational and informational purposes only and is not intended as health, medical, or financial advice. Do not use this information to diagnose or treat any health condition. Always consult a qualified healthcare provider regarding any questions you may have about a medical condition or health objectives.**Read our disclaimers**.*

WRITTEN BY:



Maggie Michalczyk



Lauren Gray

ADVERTISEMENT