

CRISPY SALMON RICE BOWL



INGREDIENTS

- 1 lb skinless center-cut salmon fillet, cut into 1 1/2-inch chunks
- 1 Tbsp sesame oil
- 1/4 cup low-sodium teriyaki glaze
- 1 cup cooked shelled edamame
- 2 cups hot cooked brown rice
- 2 scallions, sliced
- 1 cup cucumber, diced
- 1 medium avocado, sliced
- 2 Tbsp Sriracha mayonnaise
- 2 tsp toasted sesame seeds (optional)



Serves: 4

Serving Size:
3 oz. salmon
+ 3/4 cup rice mixture

Calories: 526

Recipe courtesy of eatingwell.com

DIRECTIONS

1. Position oven rack in upper third and preheat to 450°F. Line a large rimmed baking sheet with foil and coat with cooking spray.
2. Toss salmon and sesame oil together on the prepared baking sheet. Roast until opaque on the outside, about 6 minutes. Remove from oven and turn broiler to high.
3. Drizzle the salmon with teriyaki glaze and toss to coat, then broil until browned, crispy and just cooked through, 2 to 3 minutes.
4. Stir rice, edamame and scallions together in a medium bowl, then divide among 4 bowls.
5. Add cucumber and avocado to each bowl, then top with salmon. Drizzle with remaining glaze and Sriracha mayonnaise, and sprinkle with sesame seeds, if desired.