



Firecracker Salmon

Ingredients:

Salmon, green onion, oil, soy, garlic, brown sugar, ginger, red pepper flake, sesame, green pepper, red onion, riced cauliflower. Served with dinner rolls.

All you do:

1. Twenty-four hours before cooking, thaw the salmon pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On the same day of cooking, pull the dinner rolls from the freezer to thaw in the refrigerator. Note: 2-3 hours before serving the rolls, remove them from the refrigerator to get to room temperature. Another option would be to warm the rolls in the oven before serving (refer to instructions below for warming the rolls in the oven).

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Remove the cover and place the foil pan of the thawed salmon on the center rack of the preheated oven. Bake for 15-20 minutes. The salmon should reach an internal cooking temperature of 140°F (on a cooking thermometer) to ensure that it is cooked through.
3. For warm dinner rolls, spread out the rolls on a baking sheet and place the sheet in the oven at 350°F for 5 minutes. The dinner rolls can be placed in the oven during the last 5 minutes of cooking time for the salmon.
4. Serve the salmon over riced cauliflower and a dinner roll.

Chef's Tip(s): Riced cauliflower is a healthier alternative, but it can be spiced up with a teaspoon of your preferred dried spice like ginger, Chinese 5 spice, or curry powder.

Dietitian Tips & Notes:

Serve with: Add a dollop of low-fat plain Greek yogurt and a squeeze of lemon to counter the spice!

Leftovers: Toss the marinated vegetables with your preferred leafy lettuce greens. You can use the marinade as your dressing or add your preferred dressing. Top with the salmon and enjoy.

Fun Fact: Salmon is rich in long-chain omega-3 fatty acids, which have been shown to reduce inflammation, lower blood pressure, and decrease the risk factors for disease.

Salmon & Rice Cauliflower Nutrition Facts per serving: 486 calories, 39 g total fat (14 g monounsaturated fat, 11 g polyunsaturated fat, 7 g saturated fat, 0 g transfat), 50 g cholesterol, 395 mg sodium, 9 g carbohydrates (2 g fiber, 6 g sugar), 26 g protein

Dinner Roll Nutrition Facts per serving: 100 calories, 2 g total fat (0 g saturated fat, 0 g transfat), 0 mg cholesterol, 130 mg sodium, 19 g carbohydrates (1 g fiber, 2 g sugar), 2 g protein