

Sesame Ginger Salad Bowl

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- Prep time: 10 minutes
- Cook time: 15-20 minutes
- Total time: 25-30 minutes

No nuts | No eggs | No milk | No wheat | No shellfish

Ingredients:

- 1 cup rice, uncooked
- 8-12 ounces salmon fillet, $\frac{3}{4}$ -1 inch thick
- $\frac{1}{4}$ teaspoon garlic powder
- Salt and pepper, to taste
- $\frac{1}{2}$ cup frozen edamame, shelled
- 1 English cucumber
- $\frac{1}{2}$ red bell pepper
- 1 avocado, sliced
- 1 mango, pitted and peeled
- 2-4 cups baby spinach
- Sesame Ginger salad dressing

Contains soy (edamame, salad dressing), fin fish (salmon), and sesame (salad dressing).

Allergy-friendly Substitutions:

- **No soy:** omit edamame and use soy-free dressing
- **No fin fish:** omit salmon or substitute with chicken
- **No sesame:** use a sesame-free salad dressing

Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. Preheat oven to 325°F. Line a 13 x 18-inch sheet pan with parchment paper.
3. Cook rice according to package or rice cooker instructions.
4. Place salmon fillet on sheet pan. Season with garlic powder, salt, and pepper.
5. Bake for 15-20 minutes until salmon reaches an internal temperature of 145°F or can easily be pulled apart or flaked away with a fork.
6. Cook edamame according to package instructions. Slice cucumber into coins and bell pepper, avocado, and mango into strips.
7. Place $\frac{1}{2}$ -1 cup spinach in each serving bowl. Top with sliced veggies, shelled edamame, cooked rice, and salmon. Serve with Sesame Ginger salad dressing.

