

Salmon Rice Bowl with Corn Salsa



You've saved food all week for a delicious salmon rice bowl tonight: leftover salmon, steamed broccoli, rice and perhaps even leftover corn salsa.

If you don't have homemade salsa in the fridge you can use some commercially made tomato salsa. However, it only takes a few minutes to make a batch of Low-sodium Tomato Salsa. Add some seared corn to it and you have homemade corn salsa.

Preparation time: 30 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

This is a super easy! Start by warming the salmon. Then make the dressing and, if needed, the salsa.

Salmon Rice Bowl

4-6 oz. leftover cooked salmon

8 leaves red or green leaf lettuce
1 C. cucumber (peeled and chopped)
1 C. cabbage (thinly sliced)

1 C. leftover steamed broccoli
1 C. leftover rice
8 cherry tomatoes (halved)

Il Simplicio Dressing

3 T. extra-virgin olive oil
½ tsp. prepared mustard
2 T. rice wine or white vinegar
3 T. low-sodium vegetable broth
pinch of salt

Low-Sodium Tomato Salsa

1 clove garlic (smashed and chopped)
1/2 C. yellow onion (chopped)
1 jalapeno pepper (seeded and finely-chopped)
1 Anaheim pepper (seeded and finely-chopped)
1/4 C. cilantro leaves (chopped)
juice from one-half lime
pinch of salt
one 15 oz. can no-salt diced tomatoes

Seared Corn Salsa:

1 T. canola oil
1/2 C. frozen corn

1 C. Low-sodium Tomato Salsa (from above)

First thing...
Preheat oven to 250°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

There's no real cooking to be done tonight unless you need to sear the corn for the Corn Salsa. Simply assemble the salad while warming the fish, broccoli and rice and dinner is ready.

Salmon Rice Bowl

1. Wrap cooked, leftover salmon in foil and warm 15 minutes in a 250° oven.
2. Break washed lettuce leaves and place in large bowl with chopped cucumber.
3. Add thin-sliced cabbage and toss well.
4. Divide lettuce and cabbage mixture between two large plates or large, flat serving bowls.
5. Warm leftover broccoli 40-seconds in microwave and divide between bowls.
6. Warm rice 40-seconds in microwave. Divide between bowls.
7. Dress each rice bowl by drizzling Il Simplicio dressing over lettuce mixture (instructions below.)
8. Break salmon into small pieces and divide between bowls and top with chopped tomato.
9. Finish each bowl with 1/3 C. seared corn salsa.

Low-sodium Tomato Salsa

Blend all dressing ingredients except diced tomatoes in a food processor. Add tomatoes and pulse a few times to mix.

Seared Corn Salsa

1. Heat oil in a sauté pan until it begins to shimmer.
2. Toss corn in hot oil until it begins to brown.
3. Remove from pan and place in medium-sized bowl.
4. Stir in 1 C. Low-sodium Tomato Salsa. Set aside.

Store leftover salsa in the fridge in a jar with a tight-fitting lid.

Il Simplicio Dressing

Shake all dressing ingredients together in a small jar with a tight-fitting lid.

Drizzle 2 T. dressing over each bowl before topping off with salmon, tomatoes and salsa.

What I've Learned from this Recipe

Here's another example of making evening meal preparation easier by cooking extra items earlier in the week. I call it, "leftovers with a plan."

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

