

Salmon Rice Bowl

Dinner will be quick and easy tonight. Throughout the week you've saved leftover salmon, cooked brown rice and steamed broccoli, just what's needed for the beginnings of a Salmon Rice Bowl. Tonight the rice bowl will be served with homemade tartar sauce and Low-sodium Tomato Salsa.

What a deal! It's almost a "free food Friday."

Preparation time: 30 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

This is a super easy meal to assemble once you've prepped and organized your ingredients. There are two preps for onion and garlic tonight. Prep 2 T. finely-chopped onion for the tartar sauce and 1/2 C. chopped onion for the salsa. Prep 2 cloves of garlic: 1 for the tartar sauce and one for 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)
2/3 C. fresh fennel (thin-sliced)

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

Tartar Sauce

2 T. sweet onion (finely-chopped)
1 clove garlic (smashed and chopped)
1 tsp. sesame oil
1 T. lemon juice
2 T. parsley (chopped)
2 T. dill pickle (finely-chopped)

2 T. mayonnaise
mixed with
1/4 C. plain, nonfat Greek yogurt

First thing...
Preheat oven to 250°

Low-Sodium Tomato Salsa

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

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

There's no real cooking to be done tonight. It's all about warming the fish, broccoli and rice.

Make Tartar Sauce and Salsa as needed.

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 fennel and toss well.
4. Divide lettuce, cabbage and fennel 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. Break warmed salmon into small pieces and divide between bowls. Spoon 1/4 C. tartar sauce over salmon pieces.
8. Top with chopped tomato.

Tartar Sauce

Stir all ingredients together in a small bowl.

Spoon 1/4 C. Tartar Sauce over warmed salmon when you add salmon to the rice bowl.

Low-sodium Tomato Salsa

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

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

Serve

Drizzle 1/3 C. low-sodium tomato salsa over each bowl.

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