



ASIAN-INSPIRED SALMON AND BROWN RICE

INGREDIENTS

2 wild salmon fillets (3 oz. each)
 1 tbsp. olive oil
 1/4 cup chives, finely chopped

WET RUB

1 tsp. soy sauce
 1/2 tsp. honey
 1/2 tsp. freshly grated ginger
 1/2 tsp. crushed red pepper flakes
 1/2 tsp. black strap molasses
 1 tbsp. olive oil
 Drizzle of toasted sesame oil
 1 tsp. freshly ground black pepper
 Pinch of salt

RICE

1/2 cup short-grain brown rice
 1 tsp. butter
 1/4 cup pineapple, chopped and drained
 1/4 cup fresh basil leaves, cut into thin strips

DIRECTIONS

Put rice into 1 cup of boiling water.

Reduce to simmer. Cover and cook approximately 20 to 30 minutes or until all water is absorbed and rice is tender.

Remove from heat; gently stir in butter, pineapple and basil. Cover and set aside.

In a small bowl, combine all wet rub ingredients except black pepper. Wash salmon and pat dry. Glaze the top of the fish liberally with the wet rub, then dust with black pepper.

Heat olive oil in a skillet on medium high heat.

Place salmon, skin side down, in skillet for approximately 3 to 4 minutes or until skin turns crisp.

Place the skillet in a preheated oven (375°) for another 6 to 8 minutes or to desired doneness.

Serve rice and salmon on a plate. Garnish with chives.

BRENDA'S TIP

Salmon is a great way to get your Omega-3 fatty acids, and it's delicious too!



CALORIES: 469 • **PROTEIN:** 26 grams • **FIBER:** 5 grams

SERVING SIZE: 1/2 recipe • **SERVES:** 2