

Pan-seared Salmon, Vegetable and Rice Bowl

Makes 4 servings

Ingredients

½ tablespoon chili powder
 1 teaspoon smoked paprika
 ¼ teaspoon onion powder
 ¼ teaspoon garlic powder
 ⅛ teaspoon white pepper
 (You can also use black pepper.)
 ⅛ teaspoon ground oregano
 ½ teaspoon dried parsley
 4 salmon fillets (about 1 pound)

4 sprigs fresh rosemary
 1 ½ tablespoons canola oil, divided
 1 cup frozen corn, thawed
 ½ cup diced onion
 1 medium red bell pepper, seeds removed and diced
 1 medium green bell pepper, seeds removed and diced
 1 15-ounce can no-salt-added black beans, rinsed and drained
 2 cups cooked brown rice

Directions

- In a small bowl, combine the first 7 ingredients. Stir until well-combined. Rub seasoning into fish fillets.
- In a large skillet, heat 1 tablespoon oil over medium-high heat. Place salmon in skillet and cook for 2 to 4 minutes. Use a spatula to flip

(directions continued on back)



MAIN DISH



Directions (continued)

- the salmon, add one sprig rosemary to each fillet and cook for another 2 to 4 minutes. Salmon is fully cooked when it flakes easily with a fork. Transfer fish to a plate and cover to keep warm.
- Heat remaining oil over medium high heat. Add corn, onion and bell peppers. Stir. Cook for 5 minutes, stirring often, or until onions appear clear. Add beans, stir and cook for 1 to 2 minutes or until heated through.
 - Place ½ cup cooked rice in each bowl, and top with ¾ cup vegetables and a salmon fillet. Mix together, if desired. Enjoy!

♥ = heart smart ✂ = low sodium GF = gluten free

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Nutrition Facts

Serving Size 1/2 cup rice topped with 3/4 cup vegetable and 1 fish fillet (438g)
 Servings Per Container 4

Amount Per Serving

Calories 460 Calories from Fat 120

% Daily Value*

Total Fat 14g 22%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 95mg 4%

Total Carbohydrate 51g 17%

Dietary Fiber 9g 36%

Sugars 4g

Protein 33g

Vitamin A 30% Vitamin C 110%

Calcium 8% Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
 Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram
 Fat 9 Carbohydrate 4 Protein 4

Recipe contains: fish

Carb choices per serving: 3