

Salmon Teriyaki Bowl: 20 Minute Meal



INGREDIENTS:

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon
1 cup instant or quick-cooking rice
1 Tablespoon oil
1 lb. frozen stir-fry vegetables
1/2 cup prepared thick teriyaki sauce
1/4 teaspoon each sesame oil and ground ginger, if desired

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DIRECTIONS:

Drain salmon and reserve 2 tablespoons salmon liquid. Break salmon into chunks, set aside. Prepare rice according to package directions. In pan or wok, heat oil over medium-high heat. Add vegetables and stir-fry for one minute. Stir in salmon liquid and teriyaki sauce. (Add sesame oil and ginger, if desired.) Add salmon; reduce heat to medium, cover and cook 4-5 minutes until vegetables are crisp-tender. Stir just before serving. Portion 1 to 1-1/2 cups rice into bowl. Top with salmon-vegetable blend.

Makes 2 to 3 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 452.9 calories, 13.8g total fat, 2.6g saturated fat, 27% of calories from fat, 76.8mg cholesterol, 36.4g protein, 46g carbohydrate, 3.7g fiber, 2990.9mg sodium, 385.4mg calcium and 2.8g omega-3 fatty acids.