



Salmon Rice Bowls


Ingredients

- 1 salmon filet, cooked
- ½ cup white or brown rice, cooked
- 1 TBSP mayonnaise
- 2 tsp soy sauce
- Hot sauce, drizzle (amount depends on preferred spice level)
- ½ avocado, sliced (optional)
- Dried seaweed snacks (optional)

Directions:

1. Add cooked rice to a bowl; Warm in microwave
2. Add leftover salmon filet on top
3. Drizzle with mayonnaise, hot sauce of choice, and soy sauce
4. Mash with a fork until all ingredients are well combined
5. Serve with sliced avocado and dried seaweed snacks; Enjoy!

Cost: \$ \$

Ease: 

Health Benefit: Salmon and avocado contains proteins and fats that benefit heart and brain health. Rice is a carbohydrate that provides energy and helps keep us fuller for longer.

Equipment
Bowl