

Salmon Teriyaki Bowls

Ingredients:

4 salmon filets, with skin
 Pepper to taste
 Pinch of garlic powder
 1 teaspoon vegetable oil
 2 – 3 cups brown rice
 Sesame seeds
 Roasted seaweed sheets

For the Sauce:

1 slice ginger, smashed
 1/3 cup low sodium soy sauce
 1/4 cup mirin
 1/4 cup rice vinegar
 3 tablespoons honey
 1 teaspoon cornstarch, mixed into a slurry with 1 teaspoon water

Directions:

1. Start by combining the ingredients for the sauce (except the cornstarch slurry) in a small saucepan and set aside. Next, prepare your salmon. Rinse and pat the salmon dry. Rub with pepper and garlic powder. Start rice and cook according to package directions.
2. Preheat oven to 400°F. Take the saucepan you prepared earlier and bring the sauce to a simmer. Stir in the cornstarch slurry and continue to simmer for 5 minutes, or until the sauce is thick enough to coat a spoon. Remove from heat.
3. Add oil to skillet over medium heat. Place the salmon in the pan skin side down, and brush with small amount of teriyaki sauce (be careful to not let it drip). Sear the salmon for 3 minutes.
4. Brush a bit more teriyaki sauce onto the salmon and transfer to a foil lined baking sheet or leave in skillet if cast iron. After 3 minutes, brush more sauce on salmon and again after an additional 3 minutes.
5. After the final 2 minutes of baking, remove the salmon from the oven (the salmon will have been in the oven for a total of 8 minutes).
6. Serve salmon over cooked rice and drizzle with more teriyaki sauce. Sprinkle with sesame seeds and roasted seaweed. Enjoy!

For more information, please contact:

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Source: thewoksoflife.com

Nutrition Facts	
Serving Size 1 bowl (209g)	
Servings Per Container 5	
Amount Per Serving	
Calories 490	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 480mg	20%
Total Carbohydrate 68g	23%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 24g	
Vitamin A 8%	• Vitamin C 0%
Calcium 4%	• Iron 15%
*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	

