

## Roasted Salmon and Broccoli

## Rainbow Bowl



**Servings: 6**

### Ingredients - Bowl:

- 1.5 lbs salmon filet (try to get center cut not the end), skin removed. (NOTE: ok to use 1.5 lbs boneless breast chicken in place)
- 4 cups of broccoli florets (break off stems)
- 2 cups of cooked rice (or can use a combination of rice and quinoa)
- 2 cups of baby greens/baby spinach
- 1 cup finely shredded red cabbage
- 1 cup shelled edamame, thawed if frozen
- 1 -2 shredded carrots

### Marinade:

- 1/3 cup soy sauce or Tamari
- 2 tbsp olive oil
- 2 tbsp honey
- 2 minced garlic cloves

### Roasted Salmon Rainbow Bowl - EMPOWER

## Nutrition Facts

**Serving Size** 1 Serving

**Amount Per Serving**

**Calories** 477.1

**% Daily Value\***

<b>Total Fat</b>	19.4 g	25 %
Saturated Fat	2.9 g	15 %
Trans Fat	0 g	
<b>Cholesterol</b>	42.3 mg	14 %
<b>Sodium</b>	893.4 mg	39 %
<b>Total Carbohydrate</b>	32.6 g	12 %
Dietary Fiber	4.9 g	18 %
Total Sugars	8.8 g	
Added Sugars	5.8 g	12 %
<b>Protein</b>	45.7 g	
Vitamin D	5.8 mcg	29 %
Calcium	80.3 mg	6 %
Iron	2.2 mg	12 %
Potassium	725.4 mg	15 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at [cronometer.com](https://cronometer.com)

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**Directions:**

1. Preheat oven to 425°F.
2. Line a sheet pan with foil.
3. Remove skin from salmon and cut diagonally into bite-sized pieces.
  - a. If using chicken, cut into bite-sized pieces.
  - b. Place in a bowl.
4. Mix the marinade in a bowl.
5. Drizzle about ½ of the marinade over the salmon and mix well.
  - a. Place the salmon on one side of the sheet pan.
6. Place the broccoli on the other side of the sheet pan.
  - a. Drizzle the remaining marinade over the broccoli and mix well.
7. Bake for 10-12 minutes or until the salmon starts to become golden brown on top.
8. Remove from oven and serve.

**To Assemble:**

1. Add 1 cup baby greens or spinach as the base.
2. Add ½ cup cooked rice or quinoa.
3. Add ¼ cup thawed edamame.
4. Add ¼ cup shredded cabbage.
5. Add shredded carrots.
6. Top with the roasted salmon and broccoli.
7. Serve with bang bang sauce.