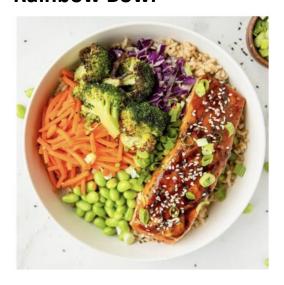
Endocrine Wellness Programs



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
Amount Per Serving			
Calories	lories 477.1		
	% Da	ily Value*	
Total Fat	19.4 g	25 %	
Saturated Fat	2.9 g	15 %	
Trans Fat	0 g		
Cholesterol	42.3 mg	14 %	
Sodium	893.4 mg	39 %	
Total Carbohydrate	32.6 g	12 %	
Dietary Fiber	4.9 g	18 %	
Total Sugars	8.8 g		
Added Sugars	5.8 g	12 %	
Protein	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 serving of food contributes to a is used for general nutrition ad	daily diet. 2,000 cal	ories a day	
J.	vice.	ories a da	

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.