

Salmon & Avocado Lime Rice

Salmon is a source rich in protein and healthy fats, along with being an Omega-3 rockstar! Avocados are high in monounsaturated fatty acid, along with Omega-6 fatty acids. Omega-3 is commonly known for its anti-inflammatory properties, while Omega-6 is known for its necessary inflammatory properties- both of which are important for the body. Rice combined with salmon and avocado creates a creamy texture, provides a great taste, and offers a complete meal!

Ingredients:

Salmon

- 2 large Lemons, sliced
- 16 oz Salmon fillet (I liked the fresh wild-caught option)
- 1 tbsp Ground black pepper
- 1 tbsp Lemon juice
- 2 tbsp Honey (or agave if feeding to a child under 2 years old)
- 3 cloves Garlic, minced
- 2 tbsp Italian seasoning

Avocado Lime Rice

- 1, 8.8 oz bags Steamable brown rice (this is for ease; feel free to use boxed rice)
- 1 medium Ripe avocado
- 2 tbsp Lime juice
- ¼ cup Chopped cilantro
- 1 clove Garlic, minced

Directions:

Salmon

1. Preheat oven to 350 degrees F. Line a baking sheet with aluminum foil. I then place a layer of parchment paper on top the aluminum foil to help skin from sticking to the foil, but this is optional. Spray paper with cooking spray.
2. Line prepared baking sheet with lemon slices. Place a salmon fillet on top of lemon. Sprinkle ground black pepper on the salmon fillet (pink side, not the skin).
3. Mix lemon juice, honey, garlic, and Italian seasoning. Pour over the salmon.
4. Top baking sheet with aluminum foil and bake for 20-25 minutes or until salmon is cooked (test: salmon will flake off with a fork).
5. Turn the oven to broil and uncover salmon. Broil for 2-3 minutes to allow top of salmon to crisp. WATCH CLOSELY to avoid burning.
6. Take out of oven and cut into 4 equal fillets (about 4 oz each).

Avocado Lime Rice

1. While salmon cooks, prepare the rice!
2. Microwave rice bag according to package (usually 90 seconds each). If using boxed rice, cook according to box directions.
3. Mash avocados and stir in lime juice, cilantro, and garlic. Mix with warm rice.

Lay ½ cup bed of rice on plate. Top with 4 oz salmon fillet. Feel free to add some chunks of avocado on the side. Serve warm!

Servings: 4 servings
 Serving size: 4 oz fillet + 1/2 cup cooked rice

Salmon & Avocado Lime Rice		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	362.5 kcal	18 %
Total Fat	14.1 g	22 %
Saturated Fat	1.9 g	9 %
Trans Fat	0 g	
Cholesterol	62.4 mg	21 %
Sodium	62.9 mg	3 %
Total Carbohydrate	35.9 g	12 %
Dietary Fiber	5.1 g	21 %
Sugars	9.6 g	
Protein	26.4 g	53 %
Vitamin A	5 %	Vitamin C 31 %
Calcium	6 %	Iron 17 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>