

Cauliflower Rice Bowl with Orange Salmon

Serving Size: 1 Bowl



Nutrition Facts:

Calories: 420

Fat: 32

Carbohydrates: 13 grams

Fiber: 5 grams

Protein: 21 grams

For a lower fat meal consider using light mayo for the orange glaze

INGREDIENTS:

3 OUNCES OF CAULIFLOWER RICE
1 OUNCE GRILLED ASPARAGUS
3 TABLESPOON ORANGE GLAZE
1 6 OZ SALMON FILET
1/8 TEASPOON SALT
1/8 TEASPOON PEPPER
1 TEASPOON OLIVE OIL
1/2 OUNCE RADISH (FRESH/NO TOPS)
1 OUNCE AVOCADO (FRESH)- SLICED
1 1/8 TEASPOON ORANGE MARMALADE
1 1/2 TEASPOON MAYO
1/8 TEASPOON FRESH CILANTRO

DIRECTIONS:

COAT ASPARAGUS WITH SALT, PEPPER AND OIL. GRILL ON MEDIUM HOT GRILL FOR 2 MINUTES UNTIL SLIGHTLY CHARRED.

ADD CILANTRO, ORANGE MARMALADE AND MAYO TO A BLENDER, COMBINE INGREDIENTS UNTIL SMOOTH.

SEASON SALMON WITH SALT AND PEPPER, PLACE ON A SHEET PAN COATED IN VEGETABLE OIL SPRAY. BAKE AT 350 DEFREES FOR 5 MINUTES.

TO SERVE: MOUND 3/8 CUP OF CAULIFLOWER RICE IN THE CENTER OF THE SERVING PLATE. ARRANGE ASPARAGUS, RADISHES AND AVOCADO AROUND EDGE OF RICE. PLACE SALMON ON TOP OF CAULIFLOWER RICE. DRIZZLE ORANGE GALZE OVER DISH.

ENJOY!

mindful
by *sodexo*