



**From the Kitchen
of
Executive Chef
Jessica VanRoo**



Miso Salmon with Cauliflower Fried Rice

Serves 4

390 calories per serving

Description

Miso, a Japanese condiment usually made from fermented soybeans, adds a delightful savory flavor to so many dishes. It's also full of essential minerals, B vitamins, folic acid, and vitamins E and K. And as a fermented product, it contains beneficial bacteria that are great for gut health.

Pair it with salmon, which is high in omega 3 fats, and you have a main course that is heart healthy and helps lower cholesterol.

Serve it with cauliflower fried rice for a huge calorie savings. A cup of rice equals about 240 calories versus 25 for a cup of cauliflower granules, which contain way more nutrients.

Moreover, these versatile vegetable granules assume the flavor of whatever they are cooked or eaten with. It could be your new go-to side dish!

Total cost: \$21.17/ \$5.30 per serving



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Miso Salmon with Cauliflower Fried Rice

Ingredients - Salmon

- 2 teaspoons sesame oil
- 3 tablespoons miso paste
- 2 tablespoons rice wine, sake or water
- 4 salmon fillets, 6 to 8 ounces each

Ingredients - Cauliflower Fried Rice

- 1 tablespoon oil
- 1 small onion, diced
- 4 garlic cloves
- 1 teaspoon ground turmeric (optional)
- 1 15-ounce can garbanzo beans (or any bean) rinsed, drained
- 2 eggs (optional)
- ½ cup frozen peas and carrots, or leftover veggies
- 1 medium head of cauliflower, rinsed or 24-ounce package frozen riced cauliflower
- 2 cups baby spinach, roughly chopped, or other leafy green like kale
- 4 scallions or green onions
- 2 to 4 tablespoon soy sauce, tamari or coconut aminos
- 1 tablespoon sesame oil (optional)



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Instructions

Salmon

1. Mix sesame oil with rice wine or water, and coat salmon fillets with the mixture.
2. Wrap each fillet in plastic wrap, and marinate at least 2 to 3 hours, preferably overnight.
3. Heat broiler, line a baking sheet with foil.
4. Unwrap fillets, wipe off any excess marinade and set on foil.
5. Place sheet about 6 inches from the heat source and broil for 2 to 3 minutes on each side.
6. You may also bake the fish in a 450-degree oven. Cooking time will vary based on the thickness of the fish; it is done when the fish flakes when touched with a fork.

Cauliflower Fried Rice

1. Place cauliflower florets in food processor, and pulse until reduced to size of rice grain. Set aside. You may also use a box grater.
2. Heat pan, preferably nonstick, over medium-high heat. Coat with oil when hot.
3. Add onion and garlic cloves, and cook until onions turn translucent and soft.
4. Add turmeric, beans and veggies. Cook 2 to 3 minutes to heat beans.
5. Add riced cauliflower and mix well.
6. Cover, cook 5 to 6 minutes, or until cauliflower is slightly crisp on the outside, tender in the middle.
7. Push ingredients to one side. Add oil if needed and scramble the eggs.
8. Stir egg and rice mix together. Then stir in spinach, green onions and soy sauce.
9. Cook until spinach wilts. Turn off heat and stir in sesame oil.
10. Serve immediately.