

# Asian Salmon with Brown Rice Pilaf



## Ingredients

4 skinless salmon fillets (4 oz each)	1/2 Tbsp olive oil
1/2 Tbsp olive oil	1/2 onion, chopped
1 clove garlic, minced	1/2 red bell pepper, chopped
1 Tbsp grated fresh ginger root	2 cups water
1 Tbsp low sodium soy sauce	1 cup uncooked brown rice
1 tsp maple syrup	1/4 cup finely chopped parsley
Brown rice	

## Instructions

Instructions: To prepare rice: Heat oil in a medium saucepan. Add onion and pepper, cook 3 minutes. Add water and rice; bring to a boil. Reduce heat, cover and simmer 40-50 minutes until rice is tender and liquid is absorbed. Fluff with fork and stir in parsley. To prepare salmon: in a pie plate or shallow dish combine remaining salmon ingredients; mix well. Pour marinade over salmon; let stand 15-20 minutes. Heat a ridged grill pan over medium heat until hot. Add salmon, discarding marinade; cook 3-4 minutes per side or until salmon is opaque and firm to touch. Serve with brown rice.

## Nutrition Information Per Serving

Serving Size: 1 salmon fillet and  
1/4 cup brown rice

Calories: 390

Fat: 11 gm

Sodium: 240 mg

Fiber: 2 gm

Carbohydrates: 39 gm

Protein: 32 gm