



HANDS-ON: 10 MIN. // TOTAL: 10 MIN. // SERVES 2

thai salmon–brown rice bowls

Heartier greens like bok choy and romaine are good choices to prep ahead because they stay crisp and tend not to wilt, unlike more delicate leaves. You can substitute an equivalent amount of any cooked whole grain in place of the rice, as well as an equivalent amount of lean protein for the fish. Got a peanut allergy in the house? Use an alternate nut butter like almond.

- 1 1/3 cups cooked brown rice
- 1/4 cup matchstick-cut carrot
- 1/3 cup steamed shelled edamame
- 1/2 cup shredded bok choy or romaine lettuce
- 6 ounces broiled salmon or drained canned salmon
- 1 tablespoon creamy peanut butter
- 1 tablespoon gluten-free lower-sodium soy sauce or tamari
- 2 teaspoons rice vinegar
- 2 teaspoons sesame oil
- 2 teaspoons fresh lime juice

1 Place the rice, carrot, edamame, and bok choy in a large bowl; toss to combine. Divide evenly between two bowls and top each evenly with the salmon.

2 Just before serving, whisk together the peanut butter, soy sauce, vinegar, oil, and lime juice in a small bowl. Drizzle the dressing over the bowls just before serving. Serve immediately.

(SERVING SIZE: 1 BOWL); CALORIES 435; FAT 18G (SAT 3G, UNSAT 14G); PROTEIN 30G; CARB 37G; FIBER 5G; SUGARS 1G (ADDED SUGARS 0G); SODIUM 381MG; CALC 6% DV; POTASSIUM 15% DV