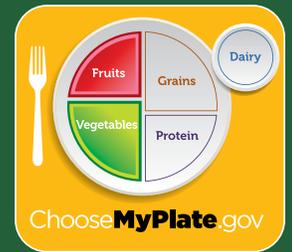


Salmon, Avocado and Strawberry Rice Bowl

Preparation Time: 1 hour (less if using instant brown rice)

Avocado, strawberries and grilled salmon over brown rice topped with sesame seeds, green onions and teriyaki sauce make for a quick, savory-sweet and delightful one-dish meal.



Ingredients

1 cup brown rice, dry
4 salmon fillets (1 pound total)
Cooking spray
1 ripe, fresh California Avocado*
1 pound fresh spinach
1 cup sliced strawberries
2 green onions, slivered
1 Tbsp toasted sesame seeds
Red pepper flakes (optional)

Teriyaki Sauce

1 garlic clove, minced
3 Tbsp less-sodium soy sauce
¼ cup water
1 Tbsp honey
¼ tsp ground ginger

*Large avocados recommended for this recipe. A large avocado averages about 8 ounces.

In a small bowl, whisk together teriyaki sauce ingredients; set aside. Cook rice according to package directions. While rice is cooking, coat salmon skin with cooking spray; grill skin side down, until just flaky, about 10-15 minutes. Do not overcook. Peel avocado, remove seed, and slice. In a sauce pan with lid, simmer spinach in a small amount of water for about 3-5 minutes until just cooked, drain well. To assemble rice bowls, place 1 cup of cooked rice in each bowl. Arrange salmon, avocado, spinach, strawberries and green onions on rice. Top with sesame seeds and red pepper flakes (if desired). Drizzle teriyaki sauce over each bowl. Serves 4.

Facts about California Avocados

- Avocados are a unique fruit because they contain unsaturated fat that can act as a “nutrient booster” by helping increase the absorption of fat-soluble nutrients like Vitamins A, D, K and E.
- Avocados contribute nearly 20 vitamins, minerals and beneficial plant compounds that can enhance the nutrient quality of your diet.
- 1 cup of avocado contains more potassium than a banana.
- Avocados are virtually the only fruit with good fats and are a delicious way to help people meet the Dietary Guidelines for Americans’ recommendations to shift from eating saturated fat to good fats.
- Select fruit that is uniform in appearance and heavy for its size. Avoid dark blemishes or overly soft fruit.
- To tell if an avocado is ready for immediate use, gently squeeze the fruit in the palm of your hand. Ripe, ready-to-eat fruit will yield to gentle pressure.
- To cut and use: Place the avocado on a table and cut lengthwise around the seed. Turn and cut again. Pull apart the four quarters and remove the seed. Peel the skin to get the greatest concentration of beneficial nutrients in the dark green fruit closest to the peel.

Facts About Strawberries

- Select strawberries that are clean, dry, plump, firm and fully red. The caps should be green and fresh looking. Avoid bruised or wrinkled strawberries.
- Keep strawberries in their original container and chill them as soon as possible.
- When ready to use the strawberries, rinse gently with the caps still on. Remove the caps after washing.

For more nutrition information, tips, and great-tasting recipes visit CaliforniaAvocado.com.

Recipe Nutrition Information per Serving

Calories: 510
Total Fat: 18g
Saturated Fat: 2.5g
% of Calories from Fat: 32%
% Calories from Sat Fat: 4%
Protein: 34g
Carbohydrates: 54g
Cholesterol: 70mg
Dietary Fiber: 9g
Sodium: 560mg

An excellent source of protein, fiber, vitamin A, vitamin C, vitamin D, vitamin E, thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, potassium, iron, phosphorus, magnesium, zinc and copper, and a good source of calcium.

MyPlate Food Group Amounts



Recipe cost: Approximately \$18.81 for four, \$4.70 per serving

*Retail prices, Boulder, Colorado, and online, Winter 2016.

Meal Nutrition Information per Serving

(Serve with an 8 oz glass of non-fat milk)

Calories: 590
Total Fat: 18g
Saturated Fat: 3g
% of Calories from Fat: 27%
% Calories from Sat Fat: 5%
Protein: 43g
Carbohydrates: 66g
Cholesterol: 75mg
Dietary Fiber: 9g
Sodium: 660mg

An excellent source of protein, fiber, vitamin A, vitamin C, vitamin D, vitamin E, thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, potassium, calcium, iron, phosphorus, magnesium, zinc, iodine and copper.

MyPlate Food Group Amounts



Meal cost: Approximately \$20.06 for four, \$5.01 per serving.

*Retail prices, Boulder, Colorado, and online, Winter 2016.

Online Resources

FruitsAndVeggiesMoreMatters.org
CaliforniaAvocado.com
ChooseMyPlate.gov

MyPlate Recommendations

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

Find your healthy eating style and maintain it for a lifetime. This means:

- Make half your plate fruits and vegetables.
- Make half your grains whole grains.
- Move to low-fat and fat-free milk or yogurt.
- Vary your protein routine.
- Drink and eat less sodium, saturated fat, and added sugars.

