

salmon fried rice

Did you know that you can meet your weekly omega-3 needs from just two servings of fatty fish per week? Salmon is an excellent source of this heart and brain healthy fat. This recipe features shelf-stable canned salmon, colorful vegetables, and hearty brown rice to give you a balanced and tasty meal that you can make in under 30 minutes.

Ingredients:

- 1 tablespoon olive or avocado oil
- 1 medium onion, diced
- 2 medium bell peppers, washed and diced
- 2 medium carrots, peeled and diced
- 1/4 tsp garlic powder
- 1/2 tsp ground ginger
- 3 eggs, beaten
- 1 cup raw brown rice, cooked and cooled (~2 cups cooked)*
- 1 cup frozen peas, thawed
- 2, 6-oz cans salmon, drained
- 3 tablespoons of low-sodium soy sauce or coconut aminos
- 2 green onions, sliced

Directions:

- Sauté the onion, bell peppers, and carrots with the garlic and ginger over medium heat
- Scramble the egg mixture with the vegetables until cooked, then mix in the rice
- Mix in the peas, salmon, soy sauce, and green onions
- Serve with desired toppings, and enjoy!

