

Ginger Scallion Salmon Bowls

Nutritional Highlights

- Cabbage is a great source of Vitamin K and Vitamin C
- Salmon is a great source of heart-healthy omega-3 fatty acids

Servings: 4

Ingredients

- 2 Tbsp extra virgin olive oil
- 6 oz sliced shiitake mushrooms
- 2 (8 oz) bags shredded cabbage (8-10 cups)
- 1 sliced yellow bell pepper
- 1 sliced red bell pepper
- 1 lb cooked wild salmon
- 1 sliced english cucumber
- 2 cups cooked brown rice

Ginger Scallion Sauce

- 1 bunch thinly sliced scallions
- 1 3-in piece peeled and minced fresh ginger
- 4 cloves minced garlic
- 4 tsp toasted sesame oil
- 1/2 c soy sauce
- 1/4 c rice vinegar
- 1/3 c canola oil
- 1 tsp red pepper flakes

Directions

- Heat oil in a medium skillet and sauté the mushrooms until golden brown, about 8-10 minutes. Set aside to cool.
- In a large bowl, combine the sautéed mushrooms, shredded cabbage, and yellow and red bell pepper.
- In a small bowl, whisk together sauce ingredients. Add half of this sauce to the cabbage mixture and toss to combine.
- Fill 4 bowls equally with the cabbage mixture, rice, and cucumber. Top with cooked salmon and drizzle with remaining sauce.