

# Deliciousness over Rice

**Makes:** 6 Servings

“I really like vegetables. In the summer, I wander through the garden eating peas, carrots, broccoli, and even flowers like nasturtiums,” says Sable. “I also love to fish for wild salmon and other types of whitefish with my family, so this recipe brings together my two favorite worlds. This recipe is for one of my favorite foods because it is so delicious and healthy. It uses wild salmon that we harvest from the Yukon River and then jar ourselves. However, any species of canned salmon can be used.”

## Ingredients

- 2 cups** chopped cauliflower
- 2 cups** chopped broccoli
- 2** carrots, peeled and thinly sliced
- 1 cup** snap peas
- 2 cups** rainbow chard leaves, cut into 1-inch strips
- 1** garlic clove, peeled and minced
- 1 tablespoon** avocado or olive oil
- 1 teaspoon** black pepper
- 1/2 teaspoon** salt
- 2 tablespoons** unsalted butter
- 1/4 cup** peeled and diced onion
- 1/4 cup** diced celery
- 2 tablespoons** all-purpose flour
- 2 cups** 1% milk
- 1 can** (15-ounce) salmon
- 3 cups** cooked brown rice

## Directions

- 1. Preheat the oven to 350°F.** In large bowl, combine cauliflower, broccoli, carrots, snap peas, rainbow chard, garlic, avocado or olive oil, pepper, and salt. Place in a 13-by 9-inch baking pan and bake for about 20 minutes, or until the veggies are just soft.



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>341</b>
<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	4 g
Cholesterol	51 mg
<b>Sodium</b>	<b>546 mg</b>
<b>Total Carbohydrate</b>	<b>35 g</b>
Dietary Fiber	5 g
Total Sugars	8 g
Added Sugars included	N/A
<b>Protein</b>	<b>22 g</b>

- 2. In a large saucepan,** melt the butter over medium heat. Add the onion and celery and sauté for 5 minutes, stirring frequently. Add the flour and stir until bubbly. Add the milk, whisking to mix, until the sauce begins to bubble and thicken, about 10 minutes. Add the salmon and roasted vegetables and stir to combine. Divide the rice and salmon-veggie mix among 6 bowls and serve.

The 2015 Healthy Lunchtime Challenge Cookbook