

Sam's Southern Savoring Salmon Supreme (S to the 5th Power)

Makes: 4 Servings

“At first, my parents promised to get me a dog if I took care of the garden so I was excited to be in charge of watering and gathering the harvest each day,” says Samuel. “Since I love science and math, I created this mouthwatering dish which uses every fresh-grown vegetable in my family’s garden, plus my favorite meat, salmon. It has become a family favorite. I’m the new chef in the house! I’m just a southern boy who loves to eat healthy!”

Ingredients

- 1 cup brown rice
- 2 (6-ounce) salmon fillets
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup olive oil
- 2 cups okra, chopped
- 1/2 cup red bell pepper, chopped
- 1/2 cup green bell pepper, chopped
- 1 tablespoon green onion (scallion), chopped
- 1 teaspoon diced jalapeno
- 2 cups diced tomatoes
- 1/4 cup feta cheese crumbles
- 1 lemon, halved

Directions

1. **In a saucepan**, combine 1 ½ cups water with the rice, and bring to a boil over high heat. Cover, reduce the heat, and simmer for 20 minutes, or until tender. Set aside.



Nutrition Information

Nutrients	Amount
Calories	443
Total Fat	20 g
Saturated Fat	5 g
Cholesterol	54 mg
Sodium	822 mg
Total Carbohydrate	46 g
Dietary Fiber	7 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	22 g

2. **Sprinkle the salmon with salt and pepper.** In a sauté pan, heat 2 tablespoons of the olive oil over medium-high heat. Add the salmon, and cook, flipping once, for about 5 minutes per side, or until opaque. Transfer the salmon to a plate using a wide spatula. Cut each fillet into 2 pieces and keep warm.

 3. **In the same pan,** heat the remaining 2 tablespoons olive oil over medium-high heat. Add the okra, red and green bell peppers, green onion, and jalapeño, and sauté for about 5 minutes, or until the vegetables are softened. Add the diced tomatoes, stir well, and cook for 10 minutes.

 4. **On each plate,** spoon rice and salmon, and top with vegetables. Sprinkle lightly with feta cheese. Squeeze lemon on top of salmon and serve.
- The 2015 Healthy Lunchtime Challenge Cookbook