

Sushi Salad

Rating: ★★★★★

Makes: 4 Servings

“I have loved sushi since I was little! I wanted to make sushi something even healthier, and I did!” writes Nicholas. “I got the idea from thinking about eating sushi and then the next day I thought about eating salad. Then I put the two together and it equaled a sushi salad! That night we tested the recipe and it was amazing! My parents rated it a 9 and I was proud of myself. You can serve it with brown rice and oranges for dessert.”

Ingredients

- 1/4 cup canola oil
- 1 tablespoon canola oil
- 1 pound skinless salmon fillets
- 2 teaspoons seasoned rice vinegar
- 1/2 teaspoon sesame oil
- 1/2 teaspoon salt
- 1 cup warm cooked brown rice
- 2 tablespoons black sesame seeds
- 1 tablespoon reduced-sodium soy sauce
- 8 cups prewashed mixed greens (including baby spinach)
- 1 small pitted avocado (cut into 1/2-inch cubes, optional)
- 1 orange (juice of 1 orange)
- 4 seaweed sheets (cut with scissors into 1/2-inch squares)

Directions

1. In a sauté pan over moderate heat, warm 1 tablespoon of the canola oil. Add the salmon and cook for 4 minutes. Flip the salmon over and cook for an additional 4 minutes. Transfer the salmon to a bowl and gently shred into 1-inch pieces.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	545	
Total Fat	36 g	55%
Protein	32 g	
Carbohydrates	25 g	8%
Dietary Fiber	8 g	32%
Saturated Fat	3.7 g	19%
Sodium	403 mg	17%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1 3/4 cups
Grains	1 ounce
Protein Foods	3 1/2 ounces

2. In a small jar or bowl, combine the remaining 1/4 cup canola oil with the vinegar, sesame oil, and salt. Cover and shake the jar to mix the salad dressing or whisk it together.
3. In a large bowl, stir together the cooked rice, sesame seeds, and soy sauce. Add the mixed greens, avocado, and salmon.
4. Drizzle with salad dressing and a squeeze of the orange, and sprinkle with seaweed pieces. Yum!

Notes

State: Colorado

Child's Name: Nicholas Hornsbostel DeMoura E Silva, 8

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook