

Firecracker Grilled Salmon with Brown Rice and Asparagus

Servings: 4

Nutrition Information

Calories: 481 calories

Protein: 45g

Carb: 28g

Fat: 27g

Low-Carb Option

Calories: 235

Protein: 45g

Carb: 20g

Fat: 27g

4 (6-oz.) salmon fillets
1/2 cup vegetable oil
1/4 cup reduced-sodium soy sauce
1/4 cup balsamic vinegar
1 tablespoon honey
2 teaspoons finely chopped garlic
2 teaspoons Sambal Olek
1 1/2 teaspoons ground ginger
1 teaspoon sesame oil
1/2 teaspoon table salt
1/4 teaspoon onion powder

Method

Cook rice according to package directions, omitting salt and fat. Fluff rice.

Place salmon fillets in a large zip-top plastic freezer bag. Whisk together vegetable oil, soy sauce, balsamic vinegar, honey, garlic, Sambal Olek, ground ginger, sesame oil, table salt, and onion powder. Pour over salmon, reserving 1/4 cup mixture. Seal and chill 30 minutes.

Preheat grill to 400° (high) heat.

Remove salmon from marinade; discard marinade. Grill salmon, without grill lid, 4 to 5 minutes or until fish is cooked through and flakes with a fork, turning occasionally and basting with reserved marinade. Remove and discard skin.

Toss asparagus with 1 tablespoon olive oil. Place asparagus on grill. Grill 3-4 minutes, turning once.

Serve salmon with brown rice and grilled asparagus.

Low Carb option: Replace brown rice with cauliflower “rice”

