



Sushi Salad

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

Nutrition Information

Nutrients	Amount
Calories	545
Total Fat	36 g
Saturated Fat	4 g
Cholesterol	61 mg
Sodium	403 mg
Total Carbohydrate	25 g
Dietary Fiber	8 g
Total Sugars	5 g
Added Sugars included	0
Protein	32 g
Vitamin D	13 mcg
Calcium	133 mg
Iron	4 mg
Potassium	1072 mg
N/A - data is not available	

MyPlate Food Groups

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

- 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.

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

Source: The Epicurious 2013 Healthy Lunchtime Challenge Cookbook