

Hot Honey Salmon Bowl



Cook Time
15 minutes

Prep Time
15 minutes

NUTRITION FACTS

Number of Servings 2

Calories Per Serving 550

Total Fat 30g
Saturated Fat 9g
Trans Fat 0g

Cholesterol 110g
Sodium 460mg

Total Carbohydrate
Dietary Fiber 3g
Total Sugar 13g

Protein 38g

INGREDIENTS

2 (4-6 ounce) salmon filets, cut into bite-size chunks
3 tablespoons extra virgin olive oil
1 teaspoon smoked paprika
Salt and pepper to taste
1/2 cup honey
2-3 tablespoons hot sauce
1-3 teaspoons cayenne pepper
3/4 teaspoon chipotle chili powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
2 cups cooked rice
2 cups sauteed vegetables

DIRECTIONS

1. Spray a skillet with cooking spray and add 2 tsp olive oil. Heat over medium-high heat.
2. Cut the salmon filets into 1 inch cubes and transfer to a bowl. Season the salmon with smoked paprika, salt, and pepper. Carefully transfer to the salmon to the hot pan, arranging in one layer. Cook for 4 minutes on one side, then flip each piece and cook until desired doneness.
3. Meanwhile, make the hot honey. In a sauce pot, warm together the honey, hot sauce, cayenne, chili powder, onion powder, and garlic powder, plus a pinch of salt.
4. When the salmon is done, remove from heat and spoon some of the hot honey over the salmon. Gently stir as the hot-honey reduces in the pan and glazes the salmon.
5. To serve, arrange the salmon and sauteed vegetables over 2 - 3 bowls of rice. Top the salmon with additional hot honey sauce.

TIPS

Use your favorite whole grains in the place of white rice to increase the nutrients from whole grain goodness. Whole grains like brown rice, quinoa, farro or millet will make great choices.



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