



# HEALTHY COOKING

## Hot Honey Salmon Bowl

### Ingredients

2 (4-6 ounce) salmon filets, cut into bite-size chunks

3 Tbsp. extra virgin olive oil

1 tsp. smoke paprika

Salt and pepper to taste

1/2 cup honey

2 - 3 Tbsp. hot sauce

1 - 3 tsp. cayenne pepper

3/4 tsp. chipotle chili powder

1/2 tsp. garlic powder

1/2 tsp. 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" cubes and transfer to a bowl. Season the salmon with smoked paprika, salt and pepper. Carefully transfer 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 saucepan, warm together the honey, hot sauce, cayenne, chili powder, onion powder, 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 bowls of rice. Top the salmon with the additional hot honey.

**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 choices.

### Nutritional Information

Calories: 550 | Total Fat: 30g | Saturated Fat: 9g | Trans Fat: 0g | Cholesterol: 110mg  
Sodium: 460mg | Dietary Fiber 3g | Protein: 38g

Servings: 2