



Salmon Taco Salad

INGREDIENTS

1 lb Salmon skinned
2 tsp Olive Oil
1 Head Broccoli florettes*
1 small red pepper, small diced
1 small red onion, small diced
Coarse salt and freshly ground pepper
1 can Pineapple tidbits, drained
1 can Black Beans, rinsed & drained
1 can corn, rinsed & drained
1 can petite diced tomatoes, drained
1/4 tsp paprika
1/4 tsp Adobo
1/8 tsp Cayenne
1 small lemon, zested & squeezed
1 box Zataran's Cilantro & Lime Rice
Cilantro(optional to taste)

DIRECTIONS

Rice- Follow direction on the box (20-25 min)

Salmon- Salt & Pepper both sides of fish. Heat oil in a large skillet over medium-high heat. Brown salmon on both sides. Remove from heat and place on baking sheet. Place in oven for approximately 15-20 minutes. (when salmon seeps fat it is ready) Remove and let rest 5 minutes. Shred and put in rice mixture.

Broccoli*- Bring water to a boil and add florettes boils for 2-3 minutes until bright green. Remove and rinse with cool water. Place in rice and salmon mixture.

Salsa- In a large bowl combine black beans, corn, pineapple, tomato, red pepper, red onion, paprika, cayenne, adobo, lemon zest and juice.

Mix equal parts salmon, rice & broccoli mixture with salsa.