

The Healthy Lunchtime Challenge Cookbook

54 WINNING RECIPES FROM AMERICA'S JUNIOR CHEFS



COLORADO



Sushi Salad

NICHOLAS HORNBOSTEL DE MOURA E SILVA, 8

"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."

Makes 4 servings

INGREDIENTS

1/4 cup plus 1 tablespoon
canola oil

1 pound skinless salmon fillets

2 teaspoons seasoned rice
vinegar

1/2 teaspoon sesame oil

1/2 teaspoon salt

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

4 seaweed sheets cut with
scissors into 1/2-inch squares

PREPARATION

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. Drizzle with salad dressing and a squeeze of the orange, and sprinkle with seaweed pieces. Yum!

545 calories; 32g protein; 25g carbohydrates; 36g fat (3.7g saturated fat); 403mg sodium

