

Recipe



Prep Time:	20 minutes
Cook Time:	15 minutes
Serving Size:	4 - 2 skewers

Nutrients Per Serving: Calories 333,
Protein 24 g, Carbohydrate 30 g,
Dietary Fiber 3 g, Total Fat 13 g,
Saturated Fat 3 g, Sodium 65 mg

County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



Hearty Salmon Skewers over Brown Rice

INGREDIENTS

1 pound Salmon
Cherry tomatoes
1 cup Pineapple (cubed)
2 cups cooked Brown Rice
1 Lemon, raw
Kosher salt, pepper, and paprika
to taste
8 Skewers

DIRECTIONS

1. Cook rice according to package and set aside.
2. Clean fish and pat dry.
3. Cut salmon into 24-1/2 inch cubes and coat all sides with topping of kosher salt, ground pepper, paprika or any desired spice.
4. Cut pineapple into cubes and cut tomatoes in half. Set aside.
5. Slide piece of salmon onto skewer, then tomato, then pineapple. Repeat 3 times on each skewer (or until skewer is full).
6. Heat 1/2 cup of oil in large skillet over medium-high heat for one minute.
7. Place skewers in pan and turn every 2 minutes a side. Squeeze lemon on skewers as they are cooking.
8. To serve, place 1/2 cup of rice on plates and 2 skewers on top. Squeeze a hint of lemon, if desired.

Source:

What's Cooking? USDA

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