



# SPICED SALMON AND BASMATI RICE

**MACROS | SERVING SIZE**

Protein 36 g | Fat 35 g | Carbs 47 g

**% CALORIES OF MACROS | SERVING SIZE**

Calories 636 | Protein 22% | Fat 48% | Carbs 29%

**NUTRIENTS | SERVING SIZE**

Fiber 2 g | Sodium 1031 mg | Sat. Fat 6 g

**NOTE:** This meal is greater than 1/3rd the recommended daily limit for sodium, due to the naturally occurring amount in the salmon. Care should be taken with the remaining food choices for the remainder of the day to not exceed 2,300 mg of sodium. The majority of fat in this meal is heart healthy.

## INGREDIENTS (serves 4)

- |   |                             |
|---|-----------------------------|
| 1 ½ cups low-sodium chicken or vegetable broth            | ½ tsp. paprika              |
| 1 cup of basmati rice                                     | 1 tsp. salt (divided)       |
| ½ cup golden raisins                                      | 1/2 tsp. ground cumin       |
| ½ cup cashew halves or sliced almonds                     | 1/8 tsp. cayenne pepper     |
| 4 salmon fillets, 4 oz each, with skin (fresh or frozen*) | 2 bay leaves                |
| 2 tbsp. olive oil   | 1 cup of fresh baby spinach |

## DIRECTIONS

- In a medium saucepan, add the chicken broth, rice, cumin, and bay leaves. Bring to a boil over high heat, then immediately cover and reduce heat to low. Simmer for approximately 10 minutes without lifting the cover. Quickly add the raisins, cashews, and spinach. Simmer for a couple more minutes. Remove from heat and set aside covered.
- Meanwhile, mix the remaining spices in a small dish. Pat the salmon patties dry. Evenly sprinkle this mix onto the flesh side of each fillet.
- Heat a large skillet over medium-high heat and add the oil. Once the oil comes to temperature, place the salmon skin side down in the skillet. Gently press each fillet to flatten. Cook for approximately 6 minutes, then flip and cook for an additional 3 minutes. The flesh should look opaque.
- With a fork, gently toss the rice to incorporate the added ingredients.
- Serve by placing one fillet and 1/4th of the rice on a plate or dish.

\*If using frozen fillets, thaw before preparing.

## DIETITIAN TIP

Fatty fish such as salmon is a good source of omega-3 fatty acids, an anti-inflammatory nutrient. To assist with meeting nutrient needs, aim for at least two servings a week.

## NUTRITION EDUCATION

Studies have linked chronic inflammation to increased risk of various conditions, such as Alzheimer's, cancer, Type 2 diabetes, cardiovascular diseases, etc. With chronic inflammation, the body continues to send inflammatory cells intended to protect against sudden injury, broken bones, cuts, and illness caused by bacteria or viruses. This chronic exposure to inflammation cells no longer protects but causes harm.

Numerous lifestyle choices can cause inflammation. Related to nutrition, having a BMI above 30, consuming foods high in trans fat and sodium, and an imbalance of healthy and unhealthy microbes in the gut are known causes of inflammation.

Various micronutrients, vitamins, minerals, and omega-3 fatty acids cause an anti-inflammatory effect. Consuming a variety diet consisting of primarily high-quality nutrition foods while consuming two servings of fatty fish a week is an excellent start to incorporating these key anti-inflammation agents. Various vegetables and fruits of different colors should make up half the plate for most meals. Ensuring good sources of vitamin D from fortified dairy and juice products, eggs, and various nuts will not only assist with protecting against inflammation but will also assist with bone health. Fermented foods, along with a variety of vegetables, will assist with promoting gut health. Following the recommendations for building a healthy eating pattern outlined in the Dietary Guidelines for Americans and graphically depicted by MyPlate will place you well on your way to adopting the strategies above.

