

Teriyaki Edamame Salmon Bowls

Instructions

1. Preheat the oven to 400 degrees.
2. In a small saucepan, whisk together all of the teriyaki sauce ingredients over medium heat. Continue whisking until the sauce heats up and begins to bubble and thicken.
3. Place the salmon fillets on a sheet pan lined with aluminum foil, and pour the sauce over the salmon, coating it evenly. Bake for 10-12 minutes, until the salmon is fully cooked.
4. To serve, add $\frac{3}{4}$ cup of rice, $\frac{1}{2}$ cup of cucumber, $\frac{1}{4}$ cup of carrots, $\frac{1}{4}$ cup of edamame, a salmon fillet, slices of avocado, and any garnishes you enjoy. This makes four servings.

Ingredients

For the salmon bowls:

- 4 salmon fillets (about 4-5 oz each)
- 3 cups cooked brown rice (can substitute with quinoa or cauliflower rice)
- 2 cups English cucumber, chopped
- 1 bag shelled edamame
- 1 cup shredded carrots
- 1 medium avocado
- Optional: sesame seeds or green onions for garnish

For the teriyaki sauce:

- $\frac{1}{2}$ cup coconut aminos
- 1 tbsp rice vinegar
- $\frac{1}{4}$ cup honey or raw maple syrup
- 1 tbsp toasted sesame oil
- 1 tbsp minced garlic
- $\frac{1}{2}$ tsp dried ginger
- Optional: 1-2 tbsp corn starch (to thicken the sauce)

Grocery List

Canned Goods/Pantry Items

- Brown rice (or quinoa or cauliflower rice)
- Coconut aminos
- Rice vinegar
- Honey or raw maple syrup
- Toasted sesame oil
- Garlic
- Dried ginger
- Corn starch
- Sesame seeds

Produce

- English cucumber
- Edamame
- Shredded carrots
- Avocado
- Green onions

Other

- Salmon fillets
- Shelled edamame

Recipe adapted from [Real Food Dietitians](#) and [Brocc Your Body](#).