



## WHAT'S FOR DINNER?

This Roasted Veggies & Salmon Nourish Bowl recipe is so full of goodness, it lives up to its name. Using fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go locations, this delicious meal is so quick and easy to make, it's child's play.



### ROASTED VEGGIES & SALMON NOURISH BOWL

#### Nutritional Facts:

Salmon is a great source of lean protein, omega 3 fatty acids, niacin, iron, vitamin D, and B vitamins. Leafy greens, brussels sprouts, squash, and zucchini are high in fiber; antioxidants; calcium, magnesium, potassium, and vitamins A, C, D, E, K, and B vitamins. Additionally, rice (basmati or brown) is a good source of protein, fiber, magnesium, phosphorus. These nutritional ingredients help to maintain digestive and heart health; blood pressure and cholesterol levels, weight; reduce inflammation; and boost immune function, as well as protect against osteoporosis, cancer, and diabetes.

#### Ingredients (Serves 4):

½ cup rice or quinoa  
2 cups mixed greens  
1 large roasted potato or sweet potato  
1 cup roasted brussels sprouts  
1 tablespoon orange zest  
1 tablespoon shredded or powdered ginger  
2 cans salmon, drained (or one cup of protein of your choice)  
4 tablespoons pickled beets or any other pickled veggie  
1 avocado, halved and sliced  
1 cup roasted mixed veggies (green beans, yellow squash, zucchini)  
2 tablespoons Soy Sauces (or Tamari – Gluten-free)  
2 tablespoons Sesame oil (or vegetable oil)  
4 tablespoons lime juice  
4 tablespoons chopped mint  
Sprinkle of black sesame seeds

#### Instructions

1. Cook rice as per packet instructions (1 cup of water for ½ cup rice).
2. Meanwhile, prepare the sauce in a small bowl. Mix sesame oil, tamari, lime juice, herbs and sesame seeds.
3. Assemble the bowl with leafy greens, rice, roasted vegetables, salmon, pickled veggies, and avocado
4. Drizzle the sauce over the bowl and sprinkle with sesame seeds and herbs.

*Serve, Eat & Enjoy!*

Recipe adapted from [www.eatfishwife.com](http://www.eatfishwife.com)

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