



EASY ROASTED SALMON WITH CORN AND BELL PEPPER RELISH AND ARUGULA-AVOCADO SALAD

MAKE AHEAD ~ 15 minutes; MEAL ~ 25 minutes

Serves 4

INGREDIENTS

Pickling Liquid:

1/2 cup apple cider vinegar (or white distilled vinegar)

1/2 cup water

3 tablespoons sugar

1 teaspoon kosher salt

Relish:

1 cup frozen corn

3/4 cup canned black beans, strained and rinsed

1 large bell pepper (color of your choice), core removed and diced small

1 small cooking onion (about 1/3 cup), small dice

1-2 tablespoons jalapeno, finely chopped

1/3 cup fresh cilantro, chopped

1 cup cooked rice (about 1/2 cup uncooked) (or quinoa)

Salmon:

4 6-oz salmon filets

2 tablespoons extra virgin olive oil

Kosher salt and black pepper

**If you absolutely do not eat salmon, you can prepare chicken breast the same way, just increase cooking time to 25-30 minutes.*

Salad:

5 oz baby arugula

1 avocado

1 lemon

1-2 tablespoons extra virgin olive oil

Kosher salt and black pepper

INSTRUCTIONS - Make Ahead:

Combine all the pickling liquid ingredients in a small saucepan. Bring to a boil.

Place corn, black beans, diced bell pepper, diced onion and chopped jalapeno in a heat proof bowl. Once pickling liquid is boiling, pour over the top. Allow mixture to hang out at room temperature for about 15 minutes. Once mixture is no longer hot, stir in chopped cilantro. Pickle for 1-2 hours at room temperature, or over night refrigerated.

INSTRUCTIONS - Meal:

Preheat oven to 400 degrees.

Measure 1/2 cup of rice and 1 cup of water into a small saucepan and set over high heat. Once boiling, cover and lower heat. Simmer until water is absorbed and grain is tender, about 15 minutes. Spread cooked rice onto a plate to help cool more quickly and stop the cooking process.

While rice cooks, arrange salmon (skin-side down) on a sheet pan. Drizzle each filet with about 1 teaspoon of olive oil and season with salt and pepper. Place in preheated oven and bake until sides are cooked all the way through, but center is still slightly rare, about 12-15 minutes. If you prefer your salmon cooked all the way through, cook another 3-4 minutes.

Strain relish from the pickling liquid. You can save the liquid to use one more time, if desired. Stir cooked rice into the relish.

Place arugula in a large salad bowl. Drizzle with 1-2 tablespoons of freshly squeezed lemon juice and 1-2 tablespoons of extra virgin olive oil. Season with salt and pepper and toss. Cut avocado in half, remove the pit, then score crosswise and scoop flesh into the arugula salad.

To serve, scoop the relish-rice onto each plate. Set a roasted salmon filet on top, then pile the arugula-avocado salad along side. Enjoy!