



Rice Bowl with Pickled Red Onions, Salmon, & Veggies

SERVINGS: 6

PREPPING TIME: 10 MINS

COOKING TIME: 35-40 MINS

INGREDIENTS

Rice:

- 1 cup whole grain black rice, dry
- 2 cups water or low-sodium broth

Red Pickled Onion:

- 1/3 cup red wine vinegar
- 2 tsp. honey
- 3/4 cup red onion, sliced (1 medium onion)

Sauce:

- 2 tbsp. reduced sodium soy sauce, tamari, or coconut aminos
- 2 tbsp. unseasoned rice vinegar
- 1 tbsp. avocado oil
- 2 tsp. toasted sesame oil
- 1/2 cup coarsely chopped roasted peanuts

Rice Bowl:

- 3-4 cups cooked (hot) black rice or brown rice (from 1 cup dry)
- 1 cup pickled red onions
- 1 package shredded carrots (10 oz.)
- 6 mini cucumbers or 1 large cucumber, sliced
- *protein of your choosing
- *optional: 1-2 scallions, thinly sliced, for garnish

DIRECTIONS

To make the rice:

1. Gently rinse dry black rice under cold water using a fine-mesh sieve or colander.
2. In a pot, combine the rinsed black rice with two cups of water or low-sodium broth. Bring to a gentle boil over medium-high heat.
3. Lower the heat to a gentle simmer and cover the pot with a well-fitted lid. Let the black rice cook undisturbed for 25-30 minutes until tender.
4. Once cooked, remove the pot from heat and let it rest, covered, for a few minutes. Fluff the rice gently with a fork.

To make the pickled red onion:

1. Stir together vinegar and honey in a small bowl until combined well.
2. Stir in sliced red onions. Let the mixture stand for at least 20 minutes at room temperature, stirring occasionally. This will yield approximately 1 cup of pickled onion. The onions can be made ahead and stored in an airtight container in the refrigerator for ~1 week.

To make the sauce:

1. In a small bowl, whisk together the soy sauce, rice vinegar, avocado oil, and sesame oil. The sauce can be made ahead and stored in an airtight container in the refrigerator for ~2 weeks.

To make the rice bowl:

1. Place 2/3 cup of warm, cooked rice into each bowl.
2. Add 1-2 tablespoons of pickled onions (or kimchi), 1/2 cup shredded carrots, and at least 1/2 cup sliced cucumber on top of the rice.
3. Incorporate your selected protein into the rice bowl.
4. Sprinkle 1 heaping tablespoon of chopped peanuts on top of each bowl. Drizzle ~1 1/2 tablespoons of the sauce.

NUTRITION

Serving size: 1 rice bowl.
 (ATNG 3 protein, 2 starch, 1 vegetable & 2 fats)
 (per serving) 490 calories, 24g fat, 3g saturated fat,
 35mg cholesterol, 340mg sodium, 49g carbohydrate, 5g
 fiber, 3g sugar, 23g protein