



Gremolata Rice

Makes 4 (1 cup) servings

Serving four people, this baked salmon recipe with an Asian influence, is quick and easy to make. The bold flavors of ginger and sesame make it a delicious way to include healthy vitamin A and omega-3 fatty acid rich salmon in your diet.

PREPARATION METHOD

1. Bring stock to a simmer in a small sauce pot.
2. Heat olive oil in a medium saucepan over medium heat. Add carrots, zucchini, and squash and sauté for 1-2 minutes until beginning to soften.
3. Stir in rice and continue cooking over medium heat until rice is lightly toasted, another 1-2 minutes.
4. Add the hot stock and bring to a boil, then reduce the heat to low and cover. Cook for 25 minutes, then remove the pan and rest 5 minutes.
5. Mix gremolata ingredients in a small bowl, then mix into rice with a fork to fluff the grains without mashing them.
6. Season to taste with salt and pepper as needed.

INGREDIENTS

- 1 cup basmati rice
- 2 tablespoon olive oil
- 3 cups vegetable or chicken stock
- 1/2 cup zucchini, diced
- 1/2 cup yellow squash, diced
- 1/2 cup carrots, diced
- Salt and freshly ground black pepper

Gremolata Ingredients

- 1 lemon, zested and juiced
- 2 tablespoons parsley, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons extra virgin olive oil