

Okra and Brown Rice with Salmon

Makes 4 Servings

Recipe Adapted from: *The Clear Skin Diet* by Drs. Logan and Treloar

Ingredients

3 Tbsp water
1 Tbsp extra virgin olive oil
1 Tbsp tomato paste
20 pieces fresh okra, caps removed,
sliced into 1-inch rounds
½ tsp salt
Freshly ground black pepper, to taste
1 cup brown rice, dry
¼ cup chopped fresh basil
1 large tomato, diced
4 salmon fillets, cooked (4oz each)*



Directions

1. In a saucepan, heat water, oil and tomato paste over medium heat.
2. Add okra, salt, and pepper and sauté 5-7 minutes or until okra begins to caramelize.
3. Cook rice according to package directions.
4. Flake cooked salmon with a fork into small pieces.
5. Once rice is done, stir in okra mixture, basil and diced tomato and mix well.
6. Stir in flaked salmon.

*Choose wild caught Pacific salmon when possible as opposed to farmed salmon. Wild caught salmon is higher in omega-3 fatty acids. For a time-saver, you can use canned wild caught salmon instead of fillets.

Nutrition Information per Serving: Calories: 420, Total Fat: 13gm, Saturated Fat: 2gm, Cholesterol: 70mg, Sodium: 460mg, Carbs: 42gm, Fiber: 5gm, Protein: 34gm