



Spicy Orange Salmon

BY COOKOLOGY

🕒 5 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a large pan, sweat onions, chilis, and tomatoes over high heat for 2 minutes. Add rice and toast for 30 seconds.
2. Add tomato paste, chili powder, cayenne pepper, cilantro and chicken stock. Bring to a simmer, reduce heat and cover.
3. Cook for 4 minutes. Then place salmon on top of rice, season with orange zest, orange juice, and salt and pepper.
4. Replace lid and cook for 10 additional minutes. Serve warm. Salmon should be slightly pink inside.

INGREDIENTS

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|-------------------------|-----------------------------|
| 1 cup white rice | 1/4 teaspoon cayenne pepper |
| 1 Anaheim chili sliced | 1 bunch cilantro |
| 8 tomatoes halved | 1 1/2 cups chicken broth |
| 1 onion chopped | 1 pound salmon filets |
| 1/4 cup tomato paste | 1 orange juiced and zested |
| 1 teaspoon chili powder | 1 pinch salt |
| | 1 pinch pepper |

NUTRITION INFORMATION PER SERVING

Calories 455kcal	Leafy Greens 0 servings
Sodium 420mg	Berries 0 servings
Fruits 0.25 servings	Nuts/Seeds 0 servings
Vegetables 1.88 servings	Carbs 63g
Added Sugar 0g	Protein 34g
Omega-3 (DHA+EPA) 1.17g	Total Fat 8.2g
Healthy Fats 1.28 servings	Saturated Fat 1.72g
Whole Grains 0 servings	Fiber 6.8g

PORCTIONS





Pumpkin-Infused Rice

BY LEANNE BROWN

🕒 10 MINS | 🍴 4 SERVINGS

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Method

1. Stir the pumpkin puree with 1 ½ cups of water, then pour it into a pot with 1 cup of uncooked rice and two pinches of salt.
2. With the lid off, bring to a low boil over medium heat, then turn the heat down to low and put the lid on slightly askew, so that the steam can escape.
3. Cook for about 20 minutes, until the water is all gone.

INGREDIENTS

- 1 cup pumpkin puree
- 1 ½ cups water
- 1 cup rice
- 2 pinches salt

NUTRITION INFORMATION PER SERVING

Calories 193kcal	Leafy Greens 0 servings
Sodium 201mg	Berries 0 servings
Fruits 0.33 servings	Nuts/Seeds 0 servings
Vegetables 0 servings	Carbs 41g
Added Sugar 0g	Protein 4.24g
Omega-3 (DHA+EPA) 0g	Total Fat 1.44g
Healthy Fats 0 servings	Saturated Fat 0.34g
Whole Grains 2.25 servings	Fiber 3.39g

PORTIONS

