



INGREDIENTS

1 cup white rice ¹/₄ teaspoon cayenne pepper

1 bunch cilantro 1 Anaheim chili sliced

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 Berries O servings Sodium 420mg

Fruits 0.25 servings Nuts/Seeds 0 servings

Vegetables 1.88 servings Carbs 63g Added Sugar Og 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

Spicy Orange Salmon

BY COOKOLOGY

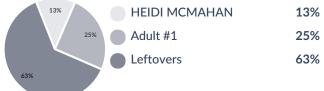
□ 5 MINS | 4 SERVINGS

? 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 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

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

NUTRITION INFORMATION PER SERVING

Calories 193kcal Leafy Greens 0 servings Sodium 201mg Berries O servings Fruits 0.33 servings Nuts/Seeds 0 servings Vegetables 0 servings Carbs 41g Added Sugar Og Protein 4.24g Omega-3 (DHA+EPA) 0g Total Fat 1.44g

Whole Grains 2.25 servings Fiber 3.39g

Healthy Fats O servings

PORTIONS 13% HEIDI MCMAHAN 25% Adult #1 25% 63% Leftovers

Pumpkin-Infused Rice

BY LEANNE BROWN

L 10 MINS | ↓ 4 SERVINGS



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

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.



Saturated Fat 0.34g