

## Mexican Salmon, Avocado and Mango Buddha Bowl

Serves 1

4 oz salmon fillet  
1 tbsp olive oil  
1 tbsp lime juice  
1 clove garlic, chopped  
1/4 tsp dried cumin  
1 tbsp chopped, fresh cilantro  
Sea salt and pepper to taste  
1 cup cooked brown rice  
1 cup chopped mango pieces (fresh or frozen)  
1/4 avocado, cut into small chunks  
10 cherry tomatoes, cut in half  
3 cups mixed fresh greens of choice (such as spinach, romaine lettuce, arugula, mesquite mix)  
2 tbsp thin strips white or red onion

Dressing:

1 1/2 tbsp olive oil  
1 tbsp lime juice  
1 tbsp chopped fresh cilantro  
1/4 tsp maple syrup or raw honey  
Sea salt and pepper to taste

Preheat the oven to 400 degrees F. Mix the olive oil, lime juice, garlic, cumin and cilantro together in a small bowl. Season with sea salt and pepper to taste. Brush the bottom of a small baking dish with a bit of the mixture. Place the salmon in the baking dish and brush the rest of the mixture on top and cover the dish with a lid or foil. Bake for 15 minutes or until the salmon is cooked and flakes when poked with a fork. Meanwhile, place the mango, avocado, tomatoes, mixed greens and onion together in the bowl you will using to serve the meal. Mix the dressing ingredients together. Add to the salad and toss. Season with sea salt and pepper. Add the brown rice. Pour some of the juice from the dish used to cook the salmon on the rice and place the salmon on top. Serve.

To cook the brown rice. Rinse 1/2 a cup of dried rice in a sieve. Place in a pot with 2 cups water with a pinch of sea salt. Bring to a boil, lower to simmer and cook until the rice reaches the desired texture. Normal instructions for cooking rice would say only use 1 cup water for a 1/2 cup rice but for brown rice – time and temperature are key to preventing the rice from being crunchy. Adding extra water allows you to cook it to have the texture you like best. Rinse after cooking. This can be done ahead of time and the rice can be stored in refrigerator or the rice can be cooked at the same time as the rest of the meal but start the rice first as it will take 35-45 minutes. Rice can be warm or cold for this recipe.



Tip: Sourdough, legumes or corn can  
desired.

also be substituted for the rice, if