



Easy salmon rice snacks
RECIPE

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COOK TIME 25 min
PREP TIME 10 min
MAKES 4 servings

These Crunchy Salmon Rice Snacks made with our nutritious Brown Basmati Rice are a simple snack filled with flavor and good-for-you veggies.

INGREDIENTS

- 2 packages of SEEDS OF CHANGE™ Organic Brown Basmati Rice™
- 1 large Organic egg
- 2 Tbsp Wheat Flour
- 1 cup Scallions, chopped
- 1 large Cucumber, sliced
- 1 large Avocado, sliced
- 2 tins Wild caught Salmon, skinless and boneless, drained
- 1/4 cup Cilantro leaves
- 2 Tbsp Organic tamari soy sauce, reduced sodium
- 1 Tbsp Seasoned rice vinegar
- 1 Tbsp Olive oil

DIRECTIONS

1. Preheat oven to 400F. Stir together soy sauce and seasoned rice vinegar to make dipping sauce and set aside.
2. Microwave SEEDS OF CHANGE Brown Basmati Rice, set aside to cool slightly. Whisk together the egg, flour and chopped scallions in a large bowl, add warm rice and stir.
3. Using a rice mold (we used a 8x2x½ rectangle), press the rice into it to create individual rice cakes. Place on a parchment lined baking sheet. Brush with oil and bake for 12-15 minutes or until rice cakes are set and lightly crispy. After baked, cut into smaller snack-sized squares.
4. Optional - for extra crunch, sear in a non-stick pan for 1-2 minutes per side.
5. Once cooked, top each snack cake with cucumber, avocado and salmon. Garnish with cilantro, dip into dipping sauce and enjoy!

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	460
Total Fat	17g
Saturated Fat	2.5g
Trans Fat	0g
Total Fat % DV	22%
Saturated Fat % DV	13%
Trans Fat % DV	0%
Cholesterol	75mg
Cholesterol % DV	25%
Sodium	540mg
Sodium % DV	23%
Total Carbohydrate	50g
Dietary Fiber	5g
Sugars	3g
Total Carbohydrates % DV	18%
Dietary Fiber % DV	18%
Protein	27g
Vitamin A	N/A
Vitamin C	N/A
Calcium	4%
Iron	10%

You might also love...



Mediterranean board

Cook time

15 min

Prep time

15 min



Salmon rice chowder

Cook time

40 min

Prep time

5 min



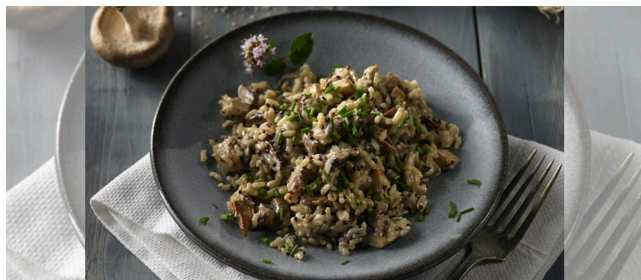
Roasted brussels sprouts with whole grains and fruit

Cook time

20 min

Prep time

10 min



Mushroom risotto style rice & grains

Cook time

5 min

Prep time

15 min

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