

Tomato Pesto Salmon and Rice

IOWA

Student Wellness

Ingredients

2 heavy duty foil sheets
1/3 cup instant brown rice
2 salmon fillets (about 4 to 5 ounces each) without skin
Salt and pepper to taste

Extra virgin olive oil
1/4-cup sundried tomato pesto
1/2 garlic clove, minced
1/2 teaspoon thyme

Directions

1. Preheat oven to 400° F
2. Stir rice and water in a small bowl, cook according to instructions.
3. Lay out the foil sheets and divide the rice mixture evenly over each foil, squeezing the water out as much as possible.
4. Top rice with salmon; season with salt and pepper and rub with a drizzle of olive oil.
5. Add a tablespoon of tomato pesto over each fillet.
6. Sprinkle some garlic over fillets.
7. Add 1/4 teaspoon of thyme to each fillet.
8. Fold the sides of the foil over the fish, covering completely to seal the packets closed.
9. Place foil packs on baking sheet and cook for 20-22 minutes.
10. Take out and enjoy!



Makes 10 servings

Nutrition information per serving

(2 tablespoons):

*92 calories, 4g fat, 3g protein
12g carbohydrates, 128mg sodium*