

Salmon Sushi Bake

Recipe Courtesy of Chardonée Donald, MS, CBHS, CHN, CNS, LDN

Ingredients:

- 2 cups brown sushi rice (cooked)
- 2 lbs fresh salmon (chopped or cubed; no skin)
- Steamed peeled carrots and zucchini chopped finely (optional)
- 3 tbsp low fodmap garlic-infused olive oil
- 2 tbsp rice vinegar
- SPQR Nori Komi Furikake seasoning (Season to taste)
- 1 pack roasted seaweed snack

Instructions:

1. Cook the sushi brown rice according to the package instructions.
2. Preheat oven to 375 degrees
3. Lightly grease a baking dish with olive oil or coconut oil. Evenly spread the rice in the dish to completely cover the bottom.
4. Toss salmon in garlic-infused olive oil and SPQR furikake seasoning and put on top of the rice. Add your steamed vegetables, spreading evenly.
5. Bake uncovered in the oven for 25 minutes, until the salmon is flaky and fully cooked. When done, remove the pan from the oven and let rest for 5 minutes.
6. Serve warm with the roasted seaweed snacks!

Sesame-Ginger Dressing

Ingredients:

- 1 tbsp toasted sesame oil
- 1 tbsp garlic-infused olive oil
- 2 tsp fresh grated ginger
- 2 tbsp low-fodmap tamari (optional)
- 1-2 tbsp warm water (optional; to thin out the mixture)

Directions:

1. In a small sauce pan warm the garlic-infused olive oil over the lowest heat setting and add in the grated ginger.
2. Heat for 30-60- seconds.
3. Stir in the tamari and sesame oil.
4. Add warm water a tsp at a time until you reach a light drizzle consistency.
5. Remove from heat and drizzle over the sushi bake