



What's Cookin' Wednesday

Summer is in full swing. Grilling might be on the top of your what to eat list, but sometimes the thought of standing over a hot, smoky grill in the summer heat can make you sweat, literally. Our **What's Cookin' Wednesday** recipe for August is on the other end of the spectrum. It's cool and refreshing full of bright, crisp vegetables, fresh fish, and flavor. With plenty of protein, carbs and healthy fats, this salmon poke bowl will leave you feeling fancy and satisfied.

Salmon Poke Bowl

- 1 pound salmon, diced into 1/2-inch cubes
- 1/4 cup soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- 1 teaspoon ginger, grated
- 1/2 teaspoon garlic, minced
- 3 green onions, white parts thinly sliced

Rice Bowl:

- brown rice, see instructions
- 1 cucumber
- 4 radishes
- 1 avocado
- 2 carrots
- black sesame seeds

Make a batch of steamed brown rice.

Next, in a medium sized bowl, combine soy sauce, sesame oil, rice wine vinegar, ginger, garlic, and green onions. Stir well to combine. Add salmon and marinate for about 30 minutes in the refrigerator.

With a vegetable peeler, peel thin, long ribbons of cucumber. Then thinly slice, or mandolin, the radishes. Quarter the avocado, and cut into thin slices. Lastly, peel carrots and then cut into 1-inch long, thin matchsticks.

Serve the salmon on top of brown rice and top with sesame seeds. Then place the cucumber, radish, avocado, and carrots in the bowl with the salmon poke.