White Bean and Tomato Bruschetta Salad

Teriyaki Salmon with Cauliflower Rice
**WHITE BEAN AND TOMATO BRUSCHETTA SALAD**

**Ingredients**
Makes 2-4 Servings

- 2 small tomatoes (diced) or 16 oz. canned, no-salt-added, diced tomatoes (drained, rinsed)
- 1 clove fresh, minced garlic or 1 tsp. jarred, minced garlic
- 1 green onion (chopped, green part only)
- 8 oz. canned, low-sodium white beans (such as Cannellini beans), drained, rinsed
- 2 Tbsp. fresh basil (chopped) or 1 tsp. dried basil
- 1 Tbsp. balsamic vinegar
- 2 tsp. extra virgin olive oil
- 1/8 tsp. black pepper (to taste)
- 1/4 cup low-moisture, part-skim, shredded mozzarella
- 4 cups mixed greens or arugula

**Recipe**

- Combine all ingredients except salad greens and marinate 5-10 minutes.
- Toss with salad greens. Serve chilled.

**Nutrients**

- Calories: 123
- Total Fat: 4.5 g
- Saturated Fat: 1.0 g
- Trans Fat: 0.0 g
- Polyunsaturated Fat: 0.5 g
- Monounsaturated Fat: 2.0 g
- Cholesterol: 4 mg
- Sodium: 87 mg
- Total Carbohydrate: 15 g
- Dietary Fiber: 5 g
- Sugars: 4 g
- Protein: 7 g

**TERIYAKI SALMON WITH CAULIFLOWER RICE**

**Ingredients**
Makes 4 Servings

- 2 Tbsp low-sodium soy sauce
- 1 Tbsp water
- 1 Tbsp dry sherry or balsamic vinegar
- 1 Tbsp sesame oil
- 1 teaspoon white vinegar
- 1/2 teaspoon no-calorie sweetener (approx. 2 packets)
- 1 teaspoon fresh minced garlic
- 1 teaspoon fresh minced ginger
- 4 (6-ounce) wild salmon fillets, skin removed
- 1 (2-pound) head cauliflower (roughly chopped)
- 1/2 white onion, peeled and roughly chopped
- 1 teaspoon canola oil
- 1/8 teaspoon salt
- 1 cup chopped, fresh cilantro leaves
- 1 teaspoon sesame seeds
- 2 scallions (finely chopped)

**Recipe**

- In a heatproof 8-inch by 8-inch baking pan, add the marinade ingredients: soy sauce, water, sherry, sesame oil, white vinegar, Splenda, garlic, and ginger. Use a fork to gently combine ingredients. Add salmon fillets on their side. Cover with foil and marinate in the refrigerator at least 1 hour and up to 24 hours.
- When ready to cook the salmon, remove the fish from the fridge and preheat oven to 450 degrees F.
- Meanwhile, trim and discard the leaves from the cauliflower. Roughly chop the cauliflower florets and the peeled onion. Add to the bowl of a food processor in batches, pulsing until the mixture resembles couscous. (The key to getting the correct consistency is to not overload the food processor.) Transfer mixture to a medium bowl until all the cauliflower rice has been made.
- Place the baking pan with the salmon in the preheated oven and bake until salmon is almost fully cooked, about 10 to 12 minutes, depending on thickness. Increase the heat to broil (or turn on broiler) and broil the salmon another 2 to 4 minutes to brown. Fish is done when easily flaked with a fork.
- Meanwhile, warm canola oil in a large nonstick pan over medium-high heat. Add cauliflower. Season with salt and, stirring frequently, cook until cauliflower mixture is tender, about 5 to 6 minutes. Remove from heat and stir in cilantro. Transfer cauliflower to a platter.
- Use a spatula to transfer the salmon fillets onto cauliflower. Pour teriyaki sauce from the pan over the salmon. Garnish salmon with sesame seeds and scallions. Serve.

**Nutrients**

- Calories: 311
- Total Fat: 13.0 g
- Saturated Fat: 2.1 g
- Trans Fat: 0.1 g
- Polyunsaturated Fat: 3.4 g
- Monounsaturated Fat: 4.6 g
- Cholesterol: 79.5 mg
- Sodium: 430 mg
- Total Carbohydrate: 9.0 g
- Dietary Fiber: 2.9 g
- Sugars: 4.4 g
- Added Sugars: 0.0 g
- Protein: 38.2 g