

# Salmon Bowl



SERVINGS: 4  
PREPPING TIME: 10 MIN  
COOKING TIME: 25 MINUTES

## Ingredients

- 16 oz fresh salmon, cut into cubes
- 2 cups chopped broccoli florets
- 1 bell pepper, red or yellow, sliced
- 1 cups matchstick carrots
- 1 yellow onion, sliced
- 1 cup snow peas, end removed
- Salt and pepper to taste
- Package of rice noodles

### Sauce

- ¼ cup low sodium soy sauce
- 3 tbsp water
- 3 tbsp sugar free maple syrup
- 2 cloves garlic, finely minced
- ½ tsp ground ginger
- 2 tsp cornstarch

## Directions

- Preheat the oven to 425° F. Line a baking sheet with foil and spray with non-stick cooking spray.
- Prepare and chop all veggies, cut salmon into 1" cubes and set aside. Place all vegetables in an even layer on a baking sheet. Season with salt and pepper.
- Bake in a preheated oven for 15 minutes. Remove from the oven and add salmon pieces onto the sheet pan to bake.
- Place back into the oven and bake for 10 minutes, or until salmon is cooked.
- While vegetables are baking, cook rice noodles (follow directions on package)
- In stir sauce ingredients together in a small saucepan. Cook for 2-4 minutes until the sauce thickens.
- Remove the sheet pan from the oven and drizzle sauce over the salmon and vegetables.