

Maple Salmon and Broccoli with Rice

Chunks

of flaky grilled salmon, crisp-tender broccoli florets, and onion

wedges tossed together with a hint of flavor and sweetness from maple

syrup, served over hot cooked rice!

Yield:

4 servings

Ingredients:

1/4 cup oil

1 pound broccoli florets (2-3 heads, trimmed)

1 large or 2 medium red onions, cut into wedges or thick half-slices

3/4 teaspoon salt

Dash of pepper

1/4 cup pure maple syrup

1 – 1 1/2 pounds of your favorite grilled salmon*, cut into 1-inch chunks

3 cups hot cooked rice** (1 cup [dry] before cooking)

Instructions:

1.

Heat a heavy skillet (such as cast iron) or non-stick skillet over

medium heat until hot. Add oil, and then toss in the broccoli florets

and onion wedges. Stir and cook for a few minutes, until broccoli is

crisp-tender and onions are turning translucent. Sprinkle salt and

pepper and stir.

2. If using leftover (cold) salmon, add to fried mixture, reduce heat to low or warm, and cover with a lid for a few minutes until hot. If using freshly-grilled or baked salmon (still warm or hot), add to fried mixture and stir gently.
3. Stir in maple syrup. Serve salmon and broccoli over the hot cooked rice.



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This recipe is from Tammy's Recipes.