

Miso Salmon Power Bowl + Chicken Option

Ingredients

- 4 salmon fillets (4 oz each)
- 2 tbsp miso paste
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 cups cooked quinoa
- 2 cups steamed bok choy
- 1 cup shredded carrots
- 1 cup cooked edamame
- 1 tbsp sesame seeds (for garnish)
- Optional: 8 oz grilled chicken thigh (replace salmon if preferred)

Directions:

1. Preheat oven to 375°F (190°C).
2. Mix miso paste, rice vinegar, sesame oil to make marinade.
3. Brush salmon fillets or chicken thighs with marinade and bake for 15-18 minutes.
4. In bowls, layer quinoa, bok choy, carrots, and edamame.
5. Top each with baked salmon or chicken and sprinkle with sesame seeds.



Macronutrients:

Per Serving (with salmon, serves 4): 460 kcal | 35g protein | 25g carbs | 25g fat | 6g fiber
With Chicken Thighs: ~+30 kcal | +2g protein | +1g fat

