

Broiled Salmon with Black Beans, Cucumber and Jasmine Rice  
(serves 4)

4 5 oz. salmon filets  
1 T olive oil  
1 lemon zested  
2 Cup jasmine rice  
1 Cup black beans (see website for bean cooking instructions)  
2 cups spinach  
1 cucumber roughly chopped  
S and P to taste  
2 T chopped parsley

1. Season salmon with salt, pepper, lemon zest and drizzle with 2 tsp. olive oil. Broil for 7-8 minutes.
2. Cook rice as directed with water (approximately 25 minutes). Cook black beans (approximately 45 minutes).
3. Heat a medium size pan on high. Add olive oil, cucumber and spinach. Season with salt and pepper and cook for 2 minutes or until the spinach is wilted. TASTE. Add blackbeans, rice and fresh parsley. Combine and TASTE.
4. Place rice mixture on plate and top with salmon. Squeeze lemon juice ove the top for added freshness - optional.