

# SWEET AND SPICY ROASTED SALMON WITH WILD RICE

Preparation: 15 minutes | Cooking: 15 minutes | Servings: 5

## INGREDIENTS

5 skinless salmon fillets  
2 scallions, thinly sliced  
1/2-1 jalapeno pepper,  
finely chopped  
2 2/3 cups wild rice  
1 cup chopped bell  
pepper  
1/4 cup chopped  
parsley  
2 tablespoons  
balsamic vinegar  
1 tablespoon honey  
Salt and pepper



## INSTRUCTIONS

Preheat oven to 425 degrees. Line a 15-by-10-inch baking pan with parchment paper. Place salmon in the prepared pan. Whisk vinegar and honey in a small bowl; drizzle half of the mixture over the salmon. Sprinkle with salt and pepper. Roast salmon until the thickest part flakes easily, about 15 minutes. Drizzle with remaining vinegar mixture. Coat a 10-inch nonstick skillet with cooking spray; heat over medium heat. Add bell pepper and jalapeno; cook, stirring frequently, just until tender, 3-5 minutes. Remove from heat, and stir in scallion greens. Top salmon fillets with pepper mixture and parsley. Serve with wild rice.