

Golden Glow Salmon Bowl with Citrus Drizzle

Makes 1 servings

Ingredients:

- For the Bowl Base:
- 2 wild-caught salmon fillets
- 1 cup cooked wild rice
- 1 cup roasted sweet potato cubes
- 1 cup steamed broccoli
- ½ avocado, sliced
- ½ cup shredded purple cabbage
- ¼ cup pomegranate seeds

For the Golden Glow Marinade:

- 1 tbsp extra virgin olive oil
- Juice of ½ orange
- 1 tsp fresh grated ginger
- 1 tsp turmeric
- 1 clove garlic, minced
- Pinch black pepper

For the Citrus Drizzle:

- 2 tbsp tahini
- Juice of ½ lemon
- 1 tsp raw honey
- 1–2 tbsp warm water (to thin)
- Pinch sea salt



Instructions:

1. Cook the Wild Rice according to directions.
2. Whisk together olive oil, orange juice, ginger, turmeric, garlic, and black pepper. Coat salmon and marinate 15–20 minutes.
3. Roast sweet potatoes at 400°F for 20–25 minutes.
4. Bake salmon at 400°F for 12–15 minutes or until flaky.
5. Prepare the Drizzle Whisk tahini, lemon juice, honey, salt, and warm water until smooth and creamy.
6. Assemble the Glow Bowl: Layer wild rice, sweet potatoes, broccoli, cabbage, and avocado. Top with salmon and sprinkle with pomegranate seeds. Drizzle generously with citrus-tahini sauce.

Why It Supports Skin: Bright. Hydrating. Elasticity-supportive.

- Arugula + spinach → vitamin C for collagen production
- Shrimp → support for firmness and elasticity
- Citrus → antioxidant support
- Avocado → healthy fats for skin suppleness
- Pumpkin seeds → zinc for repair