



Air-Fryer Teriyaki Salmon Bowl



Entire recipe: 298 calories, 10g total fat (2.5g sat. fat), 590mg sodium, 25g carbs, 6.5g fiber, 11.5g sugars, 29g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

One 4-oz. raw skinless salmon fillet
1/2 tsp. plus 1/8 tsp. garlic powder, divided
1/2 tsp. plus 1/8 tsp. onion powder, divided
1 1/2 cups frozen riced cauliflower
1/2 cup shredded carrots
3 tbsp. chopped scallions, divided
1 tbsp. thick teriyaki sauce or marinade

Directions

Spray an air fryer with [non-aerosol nonstick spray](#). Place salmon in the air fryer, and top with 1/8 tsp. garlic powder and 1/8 tsp. onion powder. Set air fryer to 400°F (or nearest degree). Cook for 10–12 minutes, or until cooked through.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, carrots, remaining 1/2 tsp. garlic powder, and remaining 1/2 tsp. onion powder. Cook and stir until softened, about 4 minutes.

Remove skillet from heat, and stir in 2 tbsp. scallions. Transfer contents to a medium bowl, and top with cooked salmon.

In a small bowl, mix teriyaki with 1 tsp. water. Drizzle sauce over salmon and veggies.

Top with remaining 1 tbsp. scallions.

MAKES 1 SERVING

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