

Pan Seared Salmon with Creamy Vegetable Rice

Ingredients:

Salmon

1.5 cups White or brown instant rice

1.5 cups Water or broth

2 tbsp cream cheese

2 tsp Italian dressing

Parmesan cheese to taste

salt/pepper

diced onion, tomato and any other vegetable you like

Pan Sear Salmon in a frying pan with a drizzle of oil - a few minutes on each side until each side is crispy and light brown.

In a separate pan, saute onion and selected veggies in 2 tsp Italian dressing until tender. Add rice and liquid and simmer until rice is cooked through. Add Cream cheese and Parm cheese and serve!