



MICHAEL-ANN ROWE
EMMY AWARD-WINNING FOOD & TRAVEL
JOURNALIST

HEARTY SALMON SKEWERS

SERVED OVER BROWN RICE
KID FRIENDLY RECIPE

SERVINGS: 4
PREP TIME: 15 MINUTES
COOK TIME: 10 MINUTES

ABOUT MICHAEL-ANN ROWE

MICHAEL-ANN IS AN EMMY AWARD-WINNING FOOD & TRAVEL JOURNALIST WHO SPECIALIZES IN SEAFOOD. SHE IS NO STRANGER TO LOCAL AND SUSTAINABLE SEAFOOD WHO WAS BROUGHT UP IN THE MARITIME PROVINCES OF CANADA. AS A SEAFOOD EDUCATOR WITH A BACKGROUND IN THEATRE IT SEEMS FITTING THAT SHE IS CALLED, THE FISHIONISTA!

MICHAEL-ANN LIVES IN NEW YORK CITY AND SERVES HER NEIGHBORHOOD AS A TRUSTEE FOR THE MURRAY HILL NEIGHBORHOOD ASSOCIATION. AS THE FOUNDER OF OFF THE BEATEN PALATE PRODUCTIONS AND THE HOST OF PUT YOUR BEST FISH FORWARD WEB SERIES, AS WELL AS THE NEW FISHIONISTA® CHANNEL, SHE IS FOCUSED ON CONNECTING CONSUMERS TO THE STORIES AND ORIGINS OF SUSTAINABLE SEAFOOD.

INGREDIENTS

- 1 lb. salmon, cut into 1/2 inch cubes
- 1/4 cup cherry tomatoes, halved
- 1 cup pineapple, cubed
- 2 cups cooked brown rice
- 1 lemon
- Kosher salt
- freshly ground pepper
- paprika (To taste)
- 8 skewers

KID FRIENDLY

SNP Ambassador Michael-Ann Rowe and Junior Chef Madison Ferber share a quick and delicious salmon skewers over brown rice recipe. Salmon skewers can be made easily on the grill or even in the oven. If using the stove top, covering the skewers while they cook will steam them rather than sear them.

DIRECTIONS

Step 1

Coat salmon with topping of kosher salt, freshly ground pepper, paprika or any desired spice.

Step 2

Slide piece of salmon onto skewer, then tomato, then fruit. Repeat 3 times on each skewer (or until the skewer is full).

Step 3

Heat 1/2 cup of canola oil in a large skillet over medium-high heat for one minute.

Step 4

Place skewers in a pan and turn every 2 minutes a side. Squeeze lemon on skewers as they are cooking.

Step 5

To serve, place 1/2 cup rice on plates and with 2 skewers on top. Squeeze a hint of lemon, if desired.

