SEAFOOD



Teriyaki Salmon Bake with White Rice and Asparagus

and

Salmon Burgerswith Sweet Potato Fries

Produce

Asparagus, 1 bunch
Cilantro, 8 stems
Lettuce leaves, 4
Parsley, ¼ bunch
Sweet potatoes, 1 pound

Meat

Salmon, 2 (1 1/4-pound) fillets

Dairy/Refrigerated

Butter, salted, 2 tablespoons Eggs, 2 large Feta cheese, crumbled, 2 ounces (½ cup)

Pantry

Bread crumbs, 2 ounces (½ cup)

Capers, 4 teaspoons

Dried cranberries, unsweetened, 2.8 ounces (½ cup)

Hamburger buns, 4

Mayonnaise, 2.1 ounces (4 tablespoons)

Olive oil, extra-virgin, 2.3 fluid ounces (¼ cup, plus 2 teaspoons)

Rice, white, uncooked, 6.3 ounces (1 cup)

Teriyaki sauce, 4 fluid ounces (½ cup)

Seasonings

Sesame seeds, white, 1 tablespoon