

Ingredients

Preparation Time: 25 min.
Servings: 1 serving
Cost: \$\$

Sandwich

4 oz. salmon, baked
2 slices, bacon, baked
2 slices, whole wheat bread
1 Tbsp. Sriracha aioli
¼ avocado
Small Bunch of kale, spinach, or any leafy green combination
3-4 slices, heirloom tomato
Salt & pepper to taste
2 Tbsp. kimchi, store bought

Green Side

Any quick side salad or vegetable combination.

Directions

1. Preheat oven to 425°F
Spray a sheet pan lined with foil and line bacon side to side. Season salmon with salt and pepper, and bake for 10-15 min. in same sheet as bacon until fully cooked. Check on bacon and pull if cooked before salmon.
2. Toast bread if desired.
3. Assemble sandwich by spreading aioli on one slice of bread, avocado on the other, and add remainder of ingredients. Cut in half
4. Serve any vegetable combination or side salad as desired.



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Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Spicy Kimchi Salmon BLT	
Amount	1 Serving
Calories	533
Fat (g)	27
Sat. Fat (g)	5
Carb. (g)	39
Fiber (g)	7
Protein (g)	35
Allergen info: Dairy Free	

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Cooking Tip

Substitute bacon with turkey bacon for a learner, kosher option. Chose a gluten free bread for a gluten free option. Use an oil based mayo mixed with Sriracha and minced garlic cloves for a home-made aioli. Skip Sriracha for a non-spicy aioli. Grilled salmon if desired. Salt tomatoes and avocado to enhance flavor.

Performance Facts

Kimchi, a fermented food that is rich in both probiotics and fiber, helps to promote a healthy digestive tract. Consuming a diet high in fermented foods enhances the immune system, reduces inflammation and promotes regularity. Additionally, salmon and avocados are an excellent source of omega-3 fatty acids, which help reduce the inflammation produced during heavy training.