

ASIAN-STYLE STEAMED SALMON

Keep the Beat: National Heart Lung and Blood Institute

<http://hp2010.nhlbihin.net/healthyeating/recipeDetail.aspx?linkId=11&cId=3&rId=37>

Ingredients

- 1 cup low-sodium chicken broth
- ½ cup shiitake mushroom caps, rinsed and sliced (or substitute dried shiitake mushrooms)
- 2 Tbsp fresh ginger, minced (or 2 tsp ground)
- ¼ cup scallions (green onions), rinsed and chopped
- 1 Tbsp lite soy sauce
- 1 Tbsp sesame oil (optional)
- 12 oz salmon fillet, cut into 4 portions (3 oz each)

Instructions

1. Combine chicken broth, mushroom caps, ginger, scallions, soy sauce, and sesame oil (optional) in a large, shallow sauté pan. Bring to a boil over high heat, then lower heat and simmer for 2-3 minutes.
2. Add salmon fillets, and cover with a tight-fitting lid. Cook gently over low heat for 4-5 minutes or until the salmon flakes easily with a fork in the thickest part (to a minimum internal temperature of 145°F).
3. Serve one piece of salmon with ¼ cup of broth.

Makes 4 servings. Serving size: 3 oz salmon, ¼ cup broth

Nutritional information per serving (4 servings)

Calories: 175

Total fat: 9g

Saturated fat: 2g

Cholesterol: 48 mg

Sodium: 208mg

Total carbohydrate: 37g

Total fiber: 1g

Protein: 19g

Carbohydrates: 4g

Potassium: 48



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