Sesame-Soy Steamed Salmon

Prep: 15 minutes
Cook: 10 minutes • Serves: 2

1   cup uncooked instant brown rice
1   garlic clove, crushed with press
1   tablespoon less-sodium soy sauce
1   tablespoon orange juice or dry sherry
1   tablespoon sesame oil
1   teaspoon honey
¼   cup thinly sliced green onions
2   skinless salmon fillets
     (about 6 ounces each)
¼   red bell pepper, thinly sliced
¼   cup shredded or matchstick-cut carrots
1½   teaspoons sesame seeds

1. Prepare rice as label directs.

2. Meanwhile, fill deep, 12-inch sauté pan with ¼ inch water. Place 9-inch diameter cake rack (or roll up a 20-inch long piece of aluminum foil to form a ring) in pan. Cover pan and heat water to boiling over high heat.

3. Meanwhile, in 9-inch pie tin, whisk together garlic, soy sauce, juice, sesame oil and honey until well combined; whisk in 2 tablespoons onions. Place salmon over sauce.

4. Place pie tin on cake rack (or over foil ring); cover pan and cook over medium heat 6 to 8 minutes or until salmon turns opaque throughout and internal temperature reaches 145°, adding bell pepper and carrots over salmon during last 2 minutes of cooking.

5. Meanwhile, in small skillet, toast sesame seeds over medium-low heat 3 to 4 minutes or until toasted, stirring frequently.

6. To serve, carefully remove pie tin from skillet. Place ⅔ cup rice on each of 2 dinner plates; top with salmon and vegetables. Pour any sauce in pie tin over salmon; sprinkle with remaining 2 tablespoons onions and toasted sesame seeds.

Approximate nutritional values per serving:
407 Calories, 14g Fat (2g Saturated),
66mg Cholesterol, 404mg Sodium,
43g Carbohydrates, 3g Fiber, 27g Protein