



Sesame-Ginger 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 sesame oil
- 1 tablespoon orange juice
- 1½ teaspoons grated peeled fresh ginger
- 1 teaspoon honey
- ¼ cup thinly sliced green onions
- 2 6-ounce skinless salmon fillets
- ¼ cup 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, sesame oil, juice, ginger 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 carrot 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 ¾ 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:

408 Calories, 14g Fat (31% of total calories), 2g Saturated Fat (4% of total calories), 66mg Cholesterol, 404mg Sodium, 43g Carbohydrates, 3g Fiber, 27g Protein

Dietary Exchanges:

3 Starch; 4 Protein; 3 Fat

Chef Tip

If your pan doesn't have a lid, cover the pan tightly with aluminum foil or use an inverted second large pan.