



# asian-style steamed salmon

Prep time: 15 minutes  
Cook time: 10 minutes

enjoy this simple, fast dish any weeknight

- 1 C low-sodium chicken broth
- ½ C shiitake mushroom caps, rinsed and sliced (or substitute dried shiitake mushrooms)
- 2 Tbsp fresh ginger, minced (or 2 tsp ground)
- ¼ C 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)

- 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.

main dishes

seafood

**Tip:** Try it with a side of **Sunshine Rice** (on page 126).



**yield:**

4 servings

**serving size:**

3 oz salmon, ¼ C broth

**each serving provides:**

calories	175	total fiber	1 g
total fat	9 g	protein	19 g
saturated fat	2 g	carbohydrates	4 g
cholesterol	48 mg	potassium	487 mg
sodium	208 mg		