

Recipe:

Asian-style steamed salmon



This is a fast and easy way to make heart-healthy salmon for a weeknight dinner.

INGREDIENTS

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

DIRECTIONS

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.

Nutrition per serving: Servings 4. Calories 175; Total fat 9 g; Saturated fat 2 g; Sodium 208 mg; Total fiber 1 g; Protein 19 g; Carbohydrates 4 g

Source: National Institutes of Health Keep the Beat Recipes