

ginger-lime salmon



Measure:

1½ lbs.
2
1-inch
4 tbsp.
2 tbsp.
2 tbsp.
½ tbsp.
2 tsp.
⅛ tsp.

Ingredients:

salmon fillet, cut in 4 pieces
limes
section fresh ginger root, peeled and thinly sliced
plant-sterol margarine, well-chilled
shallots, minced
rice vinegar
dill (optional)
reduced-sodium soy sauce
celery seed

Preparation:

Preheat the oven to 450°. Place the salmon in the center of a large piece of foil. Lay half the ginger slices on top of the salmon. Cut 2 strips of lemon zest from one of the limes. Set them aside and thinly slice the lime. Place two lime slices on top of each piece of salmon. Seal the foil, making a packet. Bake for 15 minutes.

Place the remaining ginger, the strips of lime zest, shallots, vinegar, soy sauce and celery seed in a medium saucepan and set over high heat. When the liquid has boiled down to two tablespoons, reduce the heat to low. Whisk the cold margarine, 1 tablespoon at a time, into the pan.

Slice the second lime. Open the packet of salmon. Discard the cooked lime and ginger. Set each piece of salmon on a dinner plate. Spoon some of the shallot sauce over the salmon. Top with two fresh slices of lime, sprinkle with dill (optional) and serve immediately.

Number of Servings: 6

Nutrition Analysis: *Calories 273, Fat 15g (Sat. 2g), Cholesterol 65mg, Protein 31g, Sodium 193mg, Carbohydrate 3g*



Wellness Council of America
17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org