



Issue # 506

May 27, 2014

Grilled and Green

This refreshing entrée salad has a little of everything. Protein-packed salmon rests on a bed of baby spinach, but there's nothing little about the nutrition in this leafy green. It's an excellent source of folate and is packed with carotenoids – which may protect against cancers of the mouth, pharynx and larynx. A simple honey-ginger dressing complements the pairing without overpowering their subtle flavor.

Grilled Salmon and Spinach Salad

1 lb. salmon, cut in four fillets

Marinade

1/4 cup reduced-sodium soy sauce
1/4 cup rice vinegar
1 tsp. mustard powder or 1 tsp. prepared mustard

Dressing

3 Tbsp. orange juice
3 Tbsp. rice vinegar
2 Tbsp. honey
1 tsp. extra virgin olive oil
1/2 tsp. roasted sesame oil (or regular sesame oil)
2 cloves garlic
1 tsp. minced fresh ginger
Salt and freshly ground black pepper to taste

Salad

5 oz. baby spinach, rinsed clean
8 cherry tomatoes, halved
1 red bell pepper, sliced thin

Whisk together marinade ingredients to combine well. In shallow dish, coat both sides of salmon with marinade. Cover dish and refrigerate for at least one hour.

Coat grill lightly with oil to prevent sticking. Remove salmon from marinade and discard remaining marinade. Place salmon, skin side down, on medium-hot grill. Cook about 6 minutes until skin is browned and crisp. Gently turn fillets over and cook additional 2-3 minutes until desired degree of doneness. Remove and set aside.

Combine dressing ingredients in food processor or blender and pulse or blend until well combined, about 1 minute.

Arrange salad ingredients on four serving dishes. Drizzle half the dressing on salad. Place salmon on top and drizzle remaining dressing. Serve.

Makes 4 servings.

Per serving: 270 calories, 13 g total fat (2.5 g saturated fat), 20g carbohydrate, 21 g protein, 3 g dietary fiber, 400 mg sodium.