



## Asian-Style Steamed Salmon

Enjoy this simple, fast dish any weeknight.

### Ingredients:

- 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)

### 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.

Yield: 4 Servings. Serving size: 3 oz. fish with 1/4 cup broth

### Each serving provides:

Calories: 175	Total fat: 9 g
Saturated fat: 2 g	Cholesterol: 48 mg
Sodium: 208 mg	Total fiber: 1 g
Protein: 19 g	Carbohydrates: 4 g
Potassium: 487 mg	

