



Haggen
NORTHWEST FRESH

SESAME GINGER ALASKA SALMON

SERVES 4 • Preparation time: 15 minutes

4 Alaska Salmon steaks or fillets
(4 to 6 oz. each), fresh

5 green onions, cut into 2" shreds,
reserving 1/4 cup shreds

1/3 cup fresh cilantro, chopped
or 1-1/2 Tbsp cilantro, dried

1 lemon, cut into 8 thin slices

2 Tbsp dark sesame oil

2 Tbsp ginger, minced and packed

1/3 cup sake or dry sherry

1/4 cup light soy sauce

Rinse salmon under cold water; pat dry with paper towel.

Preheat broiler. Line a baking sheet with aluminum foil and coat with nonstick cooking spray.

Layer onions and cilantro in 4 equal stacks (the size of the salmon portions) on baking sheet. Top each serving with 2 lemon slices. Stir together sesame oil and ginger; spoon about 1 teaspoon of mixture over each pair of lemon slices. Top with salmon portions. Add sake and soy sauce to remaining oil mixture; blend. Spoon over salmon portions.

Broil 4-5 inches from heating element until salmon is nicely browned, about 6 minutes. Turn off broiler; set oven to 375°. Cook an additional 2 minutes. Cook just until fish is opaque throughout. Serve garnished with reserved green onions.

Nutrients per serving: 382 calories, 16g total fat, 3g saturated fat, 37% calories from fat, 168mg cholesterol, 48g protein, 7g carbohydrate, 2g fiber, 1031mg sodium, 102mg calcium and 1.5g omega-3 fatty acids.

Photos and recipe courtesy of Alaska Seafood

