

Teriyaki Salmon

Makes 4 Servings

1/4 cup lite teriyaki sauce
1 tablespoon brown sugar
1 teaspoon toasted sesame oil
1 teaspoon minced fresh ginger *
1 teaspoon cornstarch
1 ½ cups snow pea pods (about 4 ounces), trimmed
1 large carrot, cut into 2-inch long very thin "matchstick" strips (about 1 cup)
Four 5-ounce salmon filets, skin removed
Salt and freshly ground pepper
1 tablespoon toasted sesame seeds, optional

Preheat oven to 400°F. Cut four 12- to 14-inch square pieces of aluminum foil. In a bowl, whisk together the teriyaki sauce, brown sugar, sesame oil, ginger, and cornstarch until well blended. Lay the snow peas and carrots in the center of each piece of foil. Lay the salmon on top of the vegetables and season with salt and pepper. Spoon the teriyaki mixture evenly over each piece of salmon. Seal each packet by bringing up the sides and folding the top edge over twice. Seal the edges in the same way. Place the packets on a baking sheet and bake until the fish is cooked through and the vegetables are tender, about 18 minutes. Open the packets (be careful of the steam!), place the salmon on individual plates, top with the vegetables and sauce, and serve. Top with toasted sesame seeds as desired.

* For convenience, use bottled minced ginger. Serve with rice and your favorite fruit on the side.

Nutrition Information per Serving: 240 calories, 7g fat (1g saturated; 1.6g omega-3), 450mg sodium, 12g carbohydrate, 2g fiber, 33g protein, 110% vitamin A, 25% vitamin C