

Salmon Times Three Camerota's Cupboard April, 2010

Although higher in fat than most other fish, salmon provides healthy omega-3 fat, which, according to researchers, may play a role in reducing risk for heart disease, dementia, diabetes, even cancer. When I lived in the Pacific Northwest, my next door neighbor was a salmon fisherman. Once I flew cross country with a frozen salmon in my luggage. I ate so much salmon I ALMOST got tired of it. Here are 3 salmon dishes you won't tire of.

Sweet and Sour Salmon

Mike and I have been tweaking this recipe for a couple of weeks. It's easy, fast, tastes good, and is, of course, good for you too.

2 tablespoons each balsamic vinegar, low sodium soy sauce, and maple syrup
¼ teaspoon powdered mustard
¼ teaspoon ground ginger
Approximately ¾ lb. salmon filet
Small amount of olive oil
Paprika
2 tablespoons canola oil

- Combine balsamic vinegar, soy sauce, maple syrup, mustard, and ginger in small saucepan and cook on medium heat about 10 minutes until sauce thickens and reduces.
- While sauce is thickening, brush salmon on both sides with olive oil. Sprinkle paprika on both sides to aid browning.
- Heat canola oil in pan big enough to hold fish. Cook skin side up until almost translucent. Turn over and finish skin side down.
- Remove fish to serving platter and top with sweet and sour sauce.

Serves 2.

Nutrition information per serving: 488 calories, 38 grams protein, 18 grams carbohydrate, 28 grams fat, <1 gram dietary fiber, 87 milligrams cholesterol, 476 milligrams sodium.

Citrus Salmon

This recipe is from *More Nutritious Still Delicious*, compiled by the staff of The Nutrition Council of Greater Cincinnati. They suggest serving it with a whole grain side dish such as Bulgur Pilaf.

1 medium navel orange with peel
2 salmon fillets, fresh or frozen (about 8 ounces total)
4 cups fresh spinach

1. Cut unpeeled orange into slices about 1/8th-inch thick. Arrange slices in bottom of a medium skillet.
2. Place salmon fillets on top of orange slices. Arrange remaining orange slices on top of salmon fillets.
3. Cook salmon on medium heat, covered or 5 to 7 minutes or until salmon is cooked through.
4. Add spinach; cook an additional 3 to 5 minutes.

Serves 2.

Nutrition information per serving: 232 calories; 26 grams protein; 13 grams carbohydrate; 4 grams dietary fiber; 9 grams fat; 2 grams saturated fat; 58 mg cholesterol; 130 mg sodium

Lemon Dijon Salmon

This recipe is offered by AICR (American Institute for Cancer Research with the following suggestion: If you're looking for a quick, nutritious and flavorful dinner tonight, you've come to the right place. Requiring only a handful of ingredients and taking less than 20 minutes to prepare, this lemon Dijon salmon is the perfect alternative to quick-fix frozen dinners.

- * 2 Tbsp. Dijon mustard
- * 1 Tbsp. plus 1 tsp. olive oil, divided
- * 1 Tbsp. fresh lemon juice
- * 1/4 tsp. salt
- * 1/2 tsp. pepper
- * 4 (4 oz.) salmon fillets
- * 1 Tbsp. chopped fresh dill
- * Lemon slices as garnish

Preheat oven to 425 degrees.

Whisk mustard, 1 tablespoon olive oil, lemon juice, salt and pepper together in a small bowl. Set aside.

Place salmon fillets on baking sheet lined with aluminum foil, brushed lightly with 1 teaspoon olive oil. Spread mustard mixture evenly over topside of each salmon fillet.

Bake for 8 to 10 minutes or until fish flakes with a fork. Sprinkle evenly with dill and garnish with lemon slices.

Serves 4.

Nutrition information per serving: 260 calories, 17 g total fat (3 g saturated fat), 1 g carbohydrate, 23 g protein, 0 g dietary fiber, 390 mg sodium.