

Baked Salmon with Edamame and Brown Rice

Ingredients:

- 1/4 cup packed fresh cilantro
- 2 scallions
- 1 teaspoon ginger
- 4 ounces salmon fillets
- 1/2 teaspoon ground pepper
- 2 teaspoons honey
- 2 teaspoons fresh lime juice
- 2 teaspoons low-sodium soy sauce
- 1/4 teaspoon black sesame seeds
- 1 1/3 cups shelled frozen edamame
- 2 cups cooked brown rice
- 2 oranges, cut into wedges

Directions:

1. Preheat oven to 350°F.
2. Finely chop cilantro and scallions, mix in ginger.
3. On the bottom of the salmon fillets, cut two three-inch long slits through the skin, going about halfway into the salmon.
4. Evenly stuff the slits with the herb mixture. Sprinkle the fish all over with 1/2 teaspoon of pepper.
5. Stir together the honey, lime juice and soy sauce until smooth. Place the salmon skin-side up on a baking sheet, and brush with the sauce.
6. Cook for 20–30 minutes or until opaque in color. Transfer to a serving plate and sprinkle with sesame seeds.
7. Combine the edamame, 1 tablespoon water, and cook on stovetop until warm, about 5 minutes.
8. Divide the salmon, edamame, brown rice and orange wedges evenly among four plates.

Nutrition Facts	
Serving Size (259g)	
Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 45
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	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 140mg	6%
Total Carbohydrate 40g	13%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 15g	
Vitamin A 15%	• Vitamin C 60%
Calcium 8%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

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Source: foodnetwork.com

