Healthy Recipe of the Month
- January 2008

Exotic Salmon

As adapted from Richard Simmons Farewell to Fat Cookbook
Serves 4

I know the benefits of salmon, high in omega 3 fatty acids and a great source of protein, but I wanted to try a new way to cook it. It had to be fast, as I only had 30 minutes to get dinner on the table! So I pulled out a cookbook, and adapted this recipe to ingredients I had on hand. The dinner was a great success!

Ingredients

- 2 Tbsp rice wine vinegar
- 2 Tbsp teriyaki sauce
- ½ tsp sesame oil
- ½ tsp hot chile sauce
- 1 lb salmon fillets

Preheat oven to 425°. In small bowl combine vinegar, teriyaki sauce, sesame oil, and chili oil. Place salmon in glass baking dish. Pour teriyaki mixture over salmon. Let stand 10 minutes. Bake, basting with pan juices once or twice, 10 to 20 minutes depending on thickness of fish, until opaque in center, and the fish flakes with a fork.

The salmon can be served with a grain like brown rice, quinoa or couscous, and with a green vegetable like snow peas, broccoli or a
tossed green salad.

**Nutrient analysis per serving**

- Calories 170
- Protein 23g
- Fat 8g
- Sodium 223 mg

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