

Oven Baked Salmon With Snow Peas

Ingredients:

- 3 leeks, finely chopped (white parts only)
- 2 carrots, peeled and cut into thin matchsticks
- ½ lb. snow peas (fresh or frozen)
- 4 salmon fillets (4 oz. each)
- 2 tsp. grated fresh ginger
- 2 Tbsp. rice vinegar
- 3 tsp. sesame oil, divided
- Salt and freshly ground black pepper, to taste
- 1 (6 oz.) bag baby spinach leaves
- 1 Tbsp. lemon juice
- 1 lemon, cut into quarters (for garnish)

YIELD: 4 servings

Instructions:

- 1) Preheat the oven to 450 degrees. Tear off four large sheets (18 x 12-inch) of heavy-duty aluminum foil and lay each piece on your workspace.
- 2) Divide the leeks, carrots, and snow peas into four equal portions and place a mixture of each onto each sheet of foil. Top each portion of vegetables with a piece of salmon. Sprinkle ½ tsp. ginger on each piece of fish and drizzle each with ½ Tbsp. vinegar and ¼ tsp. sesame oil. Season to taste with salt and pepper.

- 3) Fold the foil to form a “packet” around each piece of fish, leaving enough room for heat to circulate. Roll the edges to seal tightly. Place the packets on a cookie sheet and bake for 20 minutes or until the fish flakes easily with a fork.
- 4) Meanwhile, place the spinach leaves in a microwave-safe bowl or platter. Drizzle the greens with fresh lemon juice and the remaining 2 tsp. sesame oil. Heat the spinach in the microwave at high power for 3 minutes, checking every minute to make sure the spinach is tender but not over-cooked. Divide the greens equally among four plates.
- 5) When the salmon is cooked, open the packets carefully to allow the steam to escape. Empty each packet onto each of the beds of spinach. Garnish each plate with a lemon wedge and serve.

Nutrition Analysis

Serving Size: 4 oz. fillet	Total Carb: 21 g
Calories: 340	Dietary Fiber: 6 g
Total Fat: 16 g	Sodium: 260 mg
Calories from Fat: 42%	Protein: 26 g
Saturated Fat: 3.0 g	Calcium: 137 mg
Trans Fat: 0.0 g	Iron: 4 mg

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