

## Sesame-Ginger Steamed Salmon

Prep: 15 minutes

Cook: 10 minutes • Serves: 2

1 cup uncooked instant brown rice  
1 garlic clove, crushed with press  
1 tablespoon less-sodium soy sauce  
1 tablespoon sesame oil  
1 tablespoon orange juice or dry sherry  
1-1/2 teaspoons grated peeled fresh ginger  
1 teaspoon honey  
1/4 cup thinly sliced green onions  
2 skinless salmon fillets (6 ounces each)  
1/4 red bell pepper, thinly sliced  
1/4 cup shredded or matchstick-cut carrots  
1-1/2 teaspoons sesame seeds

1. Prepare rice as label directs.
2. Meanwhile, fill deep, 12-inch sauté pan with 1/4-inch water. Place 9-inch diameter cake rack (or roll up a 20-inch long piece of aluminum foil to form a ring) in pan. Cover pan and heat water to boiling over high heat.
3. Meanwhile, in 9-inch pie tin, whisk together garlic, soy sauce, sesame oil, juice, ginger and honey until well combined; whisk in 2 tablespoons onions. Place salmon over sauce.
4. Place pie tin on cake rack (or over foil ring); cover pan and cook over medium heat 6 to 8 minutes or until salmon turns opaque throughout and internal temperature reaches 145°, adding bell pepper and carrot over salmon during last 2 minutes of cooking.
5. Meanwhile, in small skillet, toast sesame seeds over medium-low heat 3 to 4 minutes or until toasted, stirring frequently.
6. To serve, carefully remove pie tin from skillet. Place 2/3 cup rice on each of 2 dinner plates; top with salmon and vegetables. Pour any sauce in pie tin over salmon; sprinkle with remaining 2 tablespoons onions and toasted sesame seeds.

Approximate nutritional values per serving: 578 Calories, 19g Fat (4g Saturated), 77mg Cholesterol, 351mg Sodium, 55g Carbohydrates, 5g Fiber, 5g Sugar, 43g Protein

### Chef Tip

If your pan doesn't have a lid, cover the pan tightly with aluminum foil or use an inverted second large pan.