

Ginger Soy Salmon



Prep Time: 2 hrs. 20 Min.

	Recipe serves	Prepared for
Yield	4	4

Ingredient	Amount	Unit of Measure
Fresh Salmon	4	Cutlets
Low sodium soy sauce	1/2	Cup
Fresh ginger	4	Oz.
Sesame oil	4	Tbsp.
Sesame seeds (toasted)	2	Tbsp.
Fresh lemon	1	Each
Salt & Pepper		As desired
Pecans	1/3	Cup

Instructions

1. Start by marinating the salmon 2 hours ahead of time. In a Pyrex bowl, place fresh salmon, ginger, soy sauce, sesame oil, sesame seeds, juice and zest of lemon. (cover with plastic wrap and keep in refrigerator for 2 hours)
2. Place the pecans in a Ziploc bag and using a rolling pin, crush them to pea size pieces. Put the pecans on a plate.
3. Once the salmon is ready to cook, place the fish on the pecans so the nuts stick to the fish.
4. Time to grill! On a griddle on medium to high heat, brush the grill with sesame oil. Place the salmon skin side up. Allow the salmon to cook 2 minutes then turn to the skin side down. Cook 2 additional minutes.
5. Squeeze fresh lemon on each piece and serve.
6. Add salt and pepper as desired.

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Shopping List

Ingredients	Have It	Quantity
Fresh salmon	<input type="checkbox"/>	
Low sodium soy sauce	<input type="checkbox"/>	
Fresh ginger	<input type="checkbox"/>	
Sesame oil	<input type="checkbox"/>	
Sesame seeds	<input type="checkbox"/>	
Fresh lemon	<input type="checkbox"/>	
Salt	<input type="checkbox"/>	
Pepper	<input type="checkbox"/>	
Pecans	<input type="checkbox"/>	