



asian roast salmon Serves 2

This simple dinner will be a definite winner for an elegant Valentine's evening. Serve with a lime wedge, organic brown rice, and a quick asparagus-and-mushroom stir-fry.

- 2 Tbs. low-sodium soy sauce
- 2 Tbs. sake
- 1 Tbs. honey
- 1½ tsp. minced fresh ginger
- 1 Tbs. minced green onion
- 1 tsp. sesame oil
- 2 6-oz. wild-caught salmon fillets, skin on

1. Whisk together soy sauce, sake, honey, ginger, green onion, and sesame oil. Place salmon fillets in resealable plastic bag, pour in marinade, and refrigerate 30 minutes.
2. Preheat oven to 450°F. Place salmon fillets, skin-side down, on foil-lined baking sheet. Roast 13 to 17 minutes, depending on thickness of fillets. Slide spatula between salmon and skin. Skin will stick to foil, and salmon will lift away.

PER SERVING: 233 CAL; 34 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 5 G CARB; 80 MG CHOL; 351 MG SOD; 0 G FIBER; 4 G SUGARS