

Asian Poached Salmon

NUTRITION DATA

Serving Size: 1 fillet + 4 oz vegetables 177 g

Amount Per Serving:

Calories: 216

Calories from Fat: 83

% Daily Value*

Total Fat..... 9.2 g..... 14%

Saturated Fat..... 1.4 g..... 7%

Trans Fat..... NA

Cholesterol..... 62.8 mg..... 21%

Sodium..... 149.1 mg..... 6%

Total Carbohydrate 8.4 g..... 3%

Dietary Fiber 2.2 g..... 0%

Sugars 2.5 g..... 0%

Protein..... 24.5 g

Vitamin A..... 64%

Vitamin C..... 110%

Calcium 5%

Iron..... 11%

** Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.*



EATING HEALTHY FOR LIFE

INGREDIENTS:

- 1 1/2 tsp. Olive Oil
- 4 oz. Fresh Zucchini (Julienne)
- 4 oz. Fresh Yellow Squash (Julienne)
- 4 oz. Fresh Red Peppers (Julienne)
- 2 tbsps. + 3/4 tsp. Fresh Green Onions (sliced thin on bias)
- 4 oz. Fresh Snow Pea Pods (Julienne)
- 1 tbsps Fresh Ginger Root (Minced)
- 3 tsp. Fresh Garlic (Minced)

- Dash (to taste) Ground Black Pepper
- 1/8 tsp. Salt
- 2 quarts Water
- 1 oz. Fresh Ginger Root (Chopped coarse)
- 1 oz. Fresh Garlic (Crushed)
- 2 oz. Fresh Yellow Onions (Chopped coarse)
- 2 oz. Fresh Celery (Chopped coarse)
- 3 oz. Lemons (Sliced thin)
- 4 Salmon Fillets, Raw, 4 oz. each

DIRECTIONS:

1. In a skillet, heat oil.
2. Add zucchini, yellow squash, red pepper, green onion, snow peas, 1st listed ginger and garlic, salt and black pepper. Saute until vegetables are tender crisp.
3. In a skillet, combine water, 2nd listed ginger and garlic, yellow onion, celery and lemon for poaching liquid. Bring to a simmer.
4. Add salmon.
5. As needed for service, place 1 salmon fillet on each serving plate. Garnish with 4 oz. Vegetable mixture.

Serve 1 salmon fillet and 4 oz. vegetables

Yields: 4 fillets + vegetables

Serving Suggestion: Serve with 4 oz. Lo Mein noodles

EATING HEALTHY FOR LIFE

Asian Poached Salmon

SHOPPING LIST

- Salmon Fillets
- Fresh Zucchini
- Fresh Yellow Squash
- Fresh Red Peppers
- Fresh Green Onions
- Fresh Snow Pea Pods
- Fresh Ginger Root
- Fresh Garlic
- Fresh Yellow Onions
- Fresh Celery
- Lemons
- Olive Oil
- Black Pepper
- Salt



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