

# Grilled Asian Salmon

## SIMPLE RECIPE

● Servings 4

## Ingredients

1 tablespoon sesame oil  
1 tablespoon reduced-sodium  
soy sauce  
1 tablespoon fresh ginger, mince  
1 tablespoon rice wine vinegar  
4 salmon fillets, each 4 ounces



## Dietitian's tip:

Salmon is an excellent source of heart-healthy omega-3 fatty acids

## Directions

In a shallow glass dish, combine sesame oil, soy sauce, ginger and vinegar. Add the salmon and turn to coat all sides. Refrigerate for 30 to 60 minutes, turning occasionally.

Lightly oil grill and then heat to medium-high heat. Place salmon on grill and cook 5 minutes a side. Fish is ready when a knife blade inserted into the center reveals that the pink flesh is almost opaque. Serve warm.

## Nutritional analysis per serving

Serving size: One fillet

Calories 185	Total fat 9 g	Saturated fat 2 g	Trans fat Trace
Protein 26 g	Sodium 113 mg	Cholesterol 57 mg	Added sugars 0 g
Dietary fiber Trace	Monounsaturated fat 3 g	Total carbohydrate 1 g	