



## MAGIC SALMON IN A FOIL PACKET

Servings = 4

Prep time: 15 minutes.

Cook time: 20 minutes



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This baked salmon is a big hit with adults and kids -- whether I make it at cooking demonstrations or for company, people always ask for the recipe. The fish and vegetables emerge from the foil magically moist and sweet. This recipe would also be delicious if made with chicken breasts instead of salmon. Serve it with green beans with sesame-soy-ginger sauce.

- 1 1/2 lbs. salmon fillet (preferably wild Alaskan)
- 1 cup pre-shredded carrots, (or julienne 1 - 2 large carrots)
- 1 small red bell pepper or zucchini, slivered (1 cup total)
- 2 Tbsp. peanut or vegetable oil
- 2 tsp. minced garlic, (3 - 4 cloves)
- 1 Tbsp. fresh ginger, peeled and minced, or 1/2 tsp. ground ginger
- 2 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed)
- 1 Tbsp. rice vinegar
- 1 Tbsp. hoisin sauce

Preheat the oven to 450 degrees. Tear off about a 3 foot strip of heavy-duty aluminum foil, and fold it in half to make a double thick square that is about 1 1/2 feet long. Place the foil on a baking sheet. Place the fish in the center of the foil. Top it with the slivered carrots and peppers or zucchini.

In a small saucepan, heat the oil over medium heat. Add the garlic and ginger and sauté them until they are fragrant, about 1 minute. Add the soy sauce, vinegar, and hoisin sauce and simmer it for about 2 minutes. Remove the saucepan from the heat.

Pour the sauce evenly over the fish and vegetables. Wrap the foil into an airtight packet around the fish, vegetables and sauce, folding and sealing the edges. Bake the fish for 20-25 minutes (use the longer time for thicker fillets). (Meanwhile, prepare the green beans.)

Remove the fish from the oven and open it immediately (and carefully) so the fish stops cooking. Serve it hot.

**Scramble Flavor Booster:** To spice up the recipe, add 1 tsp. of chili garlic sauce or Thai sweet chili sauce to the sauce.

### Tip:

Cooking foods wrapped in foil is a quick, low-fat method for sealing moisture and flavor in delicate foods. It's also great for gently steaming vegetables. In many cities, you can rinse and recycle the aluminum foil rather than throwing it away.

## SERVE WITH GREEN BEANS WITH SESAME-SOY-GINGER SAUCE

Trim the ends off of 1 lb. of green beans. Steam the beans in an inch of water on the stovetop or in the microwave until tender-crisp, 5-8 minutes.

To make the dressing, combine 1 tsp. sesame oil, 1 1/2 Tbsp. reduced-sodium soy sauce, 1/4 tsp. ground ginger or 1 tsp. fresh minced ginger, 1 tsp. toasted sesame seeds, and 1 tsp. sugar (superfine, if possible). Toss the green beans with the dressing and serve them hot or cold.

### Nutritional Information per serving (% based upon daily values)

Calories: 360; Total Fat: 20g, 30%; Saturated Fat: 4g, 17%; Cholesterol: 110mg, 37%; Sodium: 660mg, 28%; Total Carbohydrate: 8g, 3%; Dietary Fiber: 2g, 7%; Sugar: 3g; Protein: 37g

### Nutritional Information per serving with sidedish (% based upon daily values)

(1/6 of green beans)

Calories: 400; Total Fat: 21g, 32%; Saturated Fat: 4g, 17%; Cholesterol: 110mg, 37%; Sodium: 810mg, 34%; Total Carbohydrate: 15g, 5%; Dietary Fiber: 5g, 19%; Sugar: 5g; Protein: 39g

