

Broiled Cilantro Ginger Salmon

MAKES 6 SERVINGS

Eileen Campbell

• **Preparation time: 10 minutes / Marinating time: 30 minutes / Cooking time: 7 to 10 minutes**

• *Rimmed baking sheet, greased*

3	cloves garlic, roughly chopped	3
2 tbsp	grated gingerroot	25 mL
1/2 tsp	salt	2 mL
1/2 cup	chopped fresh cilantro	125 mL
2 tbsp	olive oil	25 mL
1/2 tsp	freshly ground black pepper	2 mL
	Grated zest of 2 limes	
6	salmon fillets (about 2 1/4 lbs/ 1.125 kg total)	6

1. Using a mortar and pestle (or a food processor), crush garlic, ginger and salt to form a paste. Stir in cilantro, olive oil, pepper and lime zest.
2. Place salmon on a plate and coat top evenly with paste. Cover and refrigerate for at least 30 minutes or for up to 2 hours. Preheat broiler, with rack set 4 inches (10 cm) from the top.
3. Transfer salmon to prepared baking sheet and broil for 7 to 10 minutes or until salmon is opaque and flakes easily with a fork.

 **KID APPROVED**

SERVING IDEA: Serve with our Black Bean Salsa (page 106), Steamed Asian Vegetable Medley (page 263) and quinoa.

This was a major hit with our taste panel. Broiling the fish on one side only keeps it moist, delicious and full of flavor.

TIP

This can also be cooked on a barbecue with two or more burners. Preheat one side to medium, place salmon on the other side and close the lid. This indirect cooking method is great for delicate proteins like fish. There will be enough heat to cook the salmon without burning it or drying it out.

Planned Extras

Extra salmon is great served cold with a salad.

NUTRIENTS Per Serving

Calories: 327	Carbohydrate: 1.3 g	Calcium: 26 mg
Fat: 21.4 g	Fiber: 0.2 g	Iron: 0.6 mg
Sodium: 276 mg	Protein: 30.4 g	

Very high in: Thiamine, niacin, vitamin B₆ and vitamin B₁₂

High in: Folate and magnesium

Diabetes Food Choice Values Per Serving

4 1/2 Meat & Alternatives