



Salmon w/ Ginger-Lime Sauce and Peanuts

4	6 Oz Salmon Fillets, Skinless,.
3 Tbsp	Olive Oil
2 tsp	Garlic, Chopped
3 Tbsp	Ginger-Lime Sauce (see recipe)
Paprika	as needed

Place salmon fillets in a 9x13x2 pan coated with pan spray. Combine the olive oil, garlic, and 3 Tablespoon of Ginger-Lime Sauce. Pour oil mixture over salmon, sprinkle with paprika. Bake salmon in a 350-degree oven uncovered for 20 to 25 minutes or until salmon flakes easily when tested with a fork. Salmon may also be grilled or pan-fried.

Ginger-Lime Sauce

1 tsp	Garlic, Chopped
2 Tbsp	Serrano Chili, Seeded and Chopped
3 Tbsp	Sugar
3 Tbsp	Ginger, Fresh Minced
3 Tbsp	Soy Sauce
3 Tbsp	Lime Juice
3 Tbsp	Water

Combine all ingredients in a small bowl and mix well.

3 cups	Cucumbers, Hothouse (seedless)
3 Tbsp	Basil, Fresh Shredded

Cut cucumber lengthwise into thin strands. Soak cucumber in cold water to crisp then drain completely. Add basil and ½ cup Ginger-Lime Sauce. Toss to coat.

3 Tbsp	Peanuts, Roasted
1 Tbsp	Ginger- Lime Sauce
8 slices	Fresh lime



Mix peanuts with Ginger-Lime Sauce in a small saucepan and heat slowly over moderate heat.

Divide into 4 equal servings

Place cucumber mixture in center of plate. Top with salmon fillet. Spread peanuts and lime slices over salmon and drizzle with remaining Ginger-Lime Sauce.

Nutrient Analysis per serving:

518 Calories, 35 grams protein, 17.6 grams carbohydrate, 1.25 grams fiber, 28 grams fat, 7 grams saturated fat, 86 mg cholesterol, 808 mg sodium, 34 mg calcium, 1056 mg potassium, 596 mg phosphorus, 1.6 mg iron.