



Seared Salmon w/ Thai Vegetables

Salmon

1 tsp	Chili Powder
1 tsp	Curry Powder
1 tsp	Ground Coriander
1 tsp	Ground Cumin
1 tsp	Dry Mustard
½ tsp	Salt
1 tsp	Sugar
4	6 oz Salmon Filets, skinless
1 Tbsp	Olive Oil

Combine spice mixture. Place salmon filets, on rimmed baking sheet. Sprinkle 1 ½ teaspoons spice mixture over each filet. Cover with plastic and refrigerate at least 3 hours or overnight.

Heat olive oil in a frying pan over medium heat and cook the salmon for 4 minutes. Turn and cook another 4 minutes, until just cooked through.

Spoon a serving of Thai vegetables onto a plate and top with seared salmon filet. Drizzle dressing over salmon and around edge of plate.

Dressing

3 Tbsp	Rice Vinegar
1 ½ tsp	Soy Sauce, Less Sodium
1 Tbsp	Sesame Oil
1 Tbsp	Ginger, peeled, fine chopped
1 Tbsp	Sugar

Combine all ingredients and whisk thoroughly.

Thai Vegetables

1 Tbsp	Sesame Oil
2 tsp	Ginger, peeled, minced
1	Garlic Clove, minced
1	Red Bell Pepper, cut lengthwise, thin strips
6 oz	Shiitake Mushrooms, stemmed, thinly
4	Green Onions, thin sliced on sharp diagonal
3 cups	Bok Choy, thinly sliced (green leaf tops only)



Heat oil in heavy large skillet over high heat. Add ginger and garlic; sauté for 20 seconds. Add bell pepper and mushrooms; sauté until pepper is crisp-tender, about 3 minutes. Add bok choy and sauté until just wilted, about 2 minutes. Season with salt and pepper.

Yield 4 servings

Nutrient Analysis per 5 oz cooked salmon and $\frac{3}{4}$ cup vegetables:

431 calories, 14 grams carbohydrate, 35 grams protein, 20 grams fat, 4.5 grams saturated fat, 86 mg cholesterol, 661 mg sodium, 134 mg calcium, 1,159 mg potassium, 1.9 mg iron