

Asian Salmon and Vegetable Packets

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 salmon fillet and 1 cup of the vegetables

Ingredients

¼ cup honey
3 cloves garlic, minced
2 tablespoons reduced-sodium (lite) soy sauce
1 tablespoon rice vinegar
1 tablespoon sesame oil
1 tablespoon grated fresh ginger (or 1 teaspoon ground ginger)
1 teaspoon Sriracha chili sauce or ½ teaspoon red pepper flakes (optional)
Ground black pepper to taste (optional)
4 (4-ounce) salmon filets
4 cups chopped or sliced raw vegetables, any variety (e.g. mushrooms, bell peppers, onions, zucchini, broccoli, cabbage)
2 scallions (green onions), thinly sliced
½ teaspoon sesame seeds

Directions

1. Preheat the oven to 450°F
2. In a small bowl, whisk together the honey, garlic, soy sauce, rice vinegar, sesame oil, ginger, and Sriracha or red pepper flakes (if using).
3. Lay out 4 large sheets of heavy-duty foil.
4. Mound 1 cup of the selected vegetables onto the center of each piece of foil.
5. Place a salmon fillet on top of each pile of vegetables.
6. Divide the honey mixture evenly over each salmon and vegetable pile. This will be about 2 tablespoons for each pile.
7. Create four foil packets by bringing the short ends of each piece of foil together and folding twice to seal, then folding in the sides to seal, leaving room for steam.
8. Place the foil packets on a baking sheet.
9. Bake for 10 minutes.
10. Remove the baking sheet from the oven and open each foil packet, then preheat the boiler.
11. Place the baking sheet with the opened packets back in the oven and broil until the inside of the fish 145°F when measured with a thermometer, about 3-5 minutes.
12. Serve warm, garnishing each packet with the scallions and sesame seeds.

Nutrition Facts Per Serving: Calories: 300 | Total Fat: 11 g | Saturated Fat: 1.5 g
Sodium: 380 mg | Total Carbohydrate: 28 g | Dietary Fiber: 2.5g | Protein: 25 g

Adapted from www.foodnetwork.com | Submitted by Jessica Long, MS, RDN, CD
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