



Sesame Ginger Salmon

Serving four people, this baked salmon recipe with an Asian influence, is quick and easy to make. The bold flavors of ginger and sesame make it a delicious way to include healthy vitamin A and omega-3 fatty acid rich salmon in your diet.

PREPARATION METHOD

1. Marinate the salmon by mixing the marinade ingredients in a small bowl. Stir until the brown sugar dissolves and the ingredients are well combined.
2. Place the salmon fillets in a 1-gallon zip top bag. Pour the marinade over the salmon. Squeeze as much air out of the bag as possible. Seal the bag and gently turn the bag over a few times to mix thoroughly.
3. Place the bag in a leak proof container and let stand in the refrigerator for at least one hour or up to 4 hours.
4. In a 6 quart pot, place the rice, quinoa and water. Bring to a boil. Then reduce the heat to a bare simmer, cover and cook for 15 minutes.
5. After 15 minutes, remove the pot from the heat, leave covered and let stand for 10 minutes.
6. Make the glaze by combining the ingredients in a small bowl and stirring to combine. Cover the bowl and set it aside.
7. While the rice is cooking, preheat the oven to a temperature of 375°F on the convection mode.
8. Remove the salmon from refrigerator. Drain off any excess marinade. Place the salmon fillets on a foil lined jellyroll pan.
9. After preheat is reached, place the salmon into the center of the oven and set a timer for 15 minutes.
10. Check the salmon for desired doneness. An additional 5 to 7 minutes may be needed depending on the thickness of the fillets.
11. After the salmon is done remove the pan from the oven and place it on a heatproof surface. Brush the glaze onto the salmon.
12. Fluff the rice and quinoa gently with a fork, season the rice with soy sauce or other seasoning if desired and serve alongside the salmon.

INGREDIENTS

For the rice and quinoa:

1½ cups jasmine rice½ cup red quinoa¾ cups water

For the salmon:

¼ cup canola oil
3 tablespoons brown sugar
2 tablespoons soy sauce
2 tablespoons rice vinegar
1 tablespoon sesame oil
1 tablespoon grated fresh ginger
1 tablespoon lime juice1 teaspoon lime zest
½ teaspoon garlic powder
½ teaspoon freshly ground black pepper½ cup thinly sliced scallions
4 salmon fillets (about 2 pounds total)

For the glaze:

3 tablespoons honey
1 teaspoon soy sauce
1 teaspoon grated fresh ginger½ teaspoon sesame oil
½ teaspoon sesame seeds
½ teaspoon lime juice
¼ teaspoon freshly ground black pepper