



Seared Salmon with Snow Peas

Ingredients: (Serves 2)

- 2 salmon filets (6 oz. ea.)
- 1 tsp. sesame oil
- 1 tsp. sesame seeds
- ½ tsp. grated fresh ginger root
- 2 cloves garlic, minced
- 2 tsp. soy sauce plus 4 tsp water
- 6 Tbsp. pineapple juice
- ¼ cup snow peas, julienned

Nutrition Info (per serving)

Calories: 280
Total Fat: 10 g
Sat Fat: 1.5 g
Cholesterol: 80 mg
Sodium: 570 mg
Carbs: 9 g
Protein: 36 g

Directions:

Using a heavy skillet (cast iron or steel), heat the pan over medium heat until it is hot. Place oil into the pan and swirl around to coat the pan evenly. Add salmon to the pan and sear on each side for 3-4 minutes. While the salmon is searing, combine the remaining ingredients. Set aside. Once the salmon has been cooked on both sides, remove from heat and add the snow pea mixture to the skillet to heat thoroughly. Remove from skillet and top the salmon with the snow pea mixture.

