

EatingWell®

Blackened Salmon Po' Boy

EatingWell Favorite Salmon Recipes

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Garlic Roasted Salmon & Brussels Sprouts

Makes: 6 servings

Active time: 25 minutes **Total:** 45 minutes

Heart Health Diabetes Weight Loss Gluten Free

Roasting salmon on top of Brussels sprouts and garlic, flavored with wine and fresh oregano, is a meal that is simple enough for a weeknight meal yet sophisticated enough to serve to company.

- 14 large cloves garlic, divided**
- ¼ cup extra-virgin olive oil**
- 2 tablespoons finely chopped fresh oregano, divided**
- 1 teaspoon salt, divided**
- ¾ teaspoon freshly ground pepper, divided**
- 6 cups Brussels sprouts, trimmed and sliced**
- ¾ cup white wine, preferably Chardonnay**
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions**
- Lemon wedges**

1. Preheat oven to 450°F.
 2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt and ¼ teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
 3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.
- Per serving:** 334 calories; 15 g fat (3 g sat, 9 g mono); 71 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 33 g protein; 3 g fiber; 485 mg sodium; 921 mg potassium.
- Nutrition bonus:** Vitamin C (107% daily value), Potassium (27% dv), Vitamin A (20% dv), Folate (19% dv), Magnesium (17% dv).
- Carbohydrate servings:** ½
- Exchanges:** 2 vegetable, 4 lean meat, 2 fat



Black Bean & Salmon Tostadas

Makes: 4 servings, 2 tostadas each

Active time: 25 minutes **Total:** 25 minutes

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Pickled jalapeños, cilantro and avocado perk up convenient canned salmon for a quick tostada topping. Serve with brown rice cooked with diced tomatoes and onions or salsa.

- 8 6-inch corn tortillas**
- Canola oil cooking spray**
- 1 6- to 7-ounce can boneless, skinless wild Alaskan salmon, drained**
- 1 avocado, diced**
- 2 tablespoons minced pickled jalapeños, plus 2 tablespoons pickling juice from the jar, divided**
- 2 cups coleslaw mix or shredded cabbage**
- 2 tablespoons chopped cilantro**
- 1 15-ounce can black beans, rinsed**
- 3 tablespoons reduced-fat sour cream**
- 2 tablespoons prepared salsa**
- 2 scallions, chopped**
- Lime wedges (optional)**

1. Position racks in upper and lower thirds of the oven; preheat to 375°F.
 2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.
 3. Combine salmon, avocado and jalapeños in a bowl. Combine cabbage, cilantro and the pickling juice in another bowl. Process black beans, sour cream, salsa and scallions in a food processor until smooth. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.
 4. To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.
- Per serving:** 348 calories; 13 g fat (3 g sat, 8 g mono); 16 mg cholesterol; 44 g carbohydrate; 0 g added sugars; 17 g protein; 12 g fiber; 374 mg sodium; 680 mg potassium.
- Nutrition bonus:** Vitamin C (60% daily value), Folate (28% dv), Potassium (20% dv), Iron (18% dv), omega-3s.
- Carbohydrate servings:** 3
- Exchanges:** 2 starch, 1½ lean meat, 1½ fat

Salmon with Red Wine-Morel Sauce

Makes: 4 servings

Active time: 45 minutes **Total:** 45 minutes

To make ahead: Prepare through Step 3, cover and refrigerate the sauce for up to 1 day. Reheat the sauce just before serving.

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Dried mushrooms give this rich red-wine sauce an almost meaty flavor. Look for them in the produce department of well-stocked supermarkets or specialty grocers. If you're not a fan of salmon, try the recipe with halibut instead. Serve with barley tossed with parsley and steamed broccolini. To double: Prepare a double batch of sauce in the large skillet, increasing reduction time as needed. Cook 2½ pounds of salmon in two batches, adding oil as necessary.

- 1 ½-ounce package dried morel or porcini mushrooms
- 1 cup boiling water
- 2 teaspoons cornstarch
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- ⅓ cup finely chopped shallots
- ¾ cup dry red wine
- 1 cup seafood stock or bottled clam juice (see Tip)
- 1 teaspoon butter
- 1-2 teaspoons lemon juice
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1¼ pounds wild-caught salmon fillet, skinned (see Tip, page 6) and cut into 4 portions

1. Combine mushrooms and boiling water in a small bowl. Soak until the mushrooms are softened, 12 to 15 minutes. Strain the soaking liquid through a paper towel-lined sieve into a bowl. Rinse the mushrooms; finely chop. Stir together 1 tablespoon of the soaking liquid and cornstarch in a small bowl.

2. Heat 2 teaspoons oil in a large skillet over medium heat. Add shallots and cook, stirring, until softened, about 2 minutes. Add the mushrooms and cook for 1 minute more. Stir in wine and cook, stirring, until reduced to about ½ cup, 2 to 3 minutes. Add the remaining soaking liquid and seafood stock (or clam juice) to the pan. Bring to a simmer and cook until the sauce is reduced to 1 ½ cups, 10 to 14 minutes.

3. Stir the cornstarch mixture and stir it into the simmering sauce. Cook, stirring, until slightly thickened, 1 to 2 minutes. Remove from the heat and stir in butter, lemon juice and ¼ teaspoon each salt and pepper.

4. Meanwhile, season salmon with the remaining ¼ teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the salmon and cook until just cooked through, 3 to 5 minutes per side. Serve with the mushroom sauce.

Per serving: 303 calories; 13 g fat (3 g sat, 7 g mono); 69 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 31 g protein; 1 g fiber; 458 mg sodium; 713 mg potassium.

Nutrition bonus: Potassium (20% daily value), omega-3s.

Carbohydrate servings: ½

Exchanges: 1 vegetable, 4 lean meat, 1 fat

Tip: Bottled clam juice can be high in sodium. We like Bar Harbor brand, which has 120 mg sodium per 2-ounce serving. Look for it near canned fish or in the seafood department.



Salmon Salad Sandwich

Makes: 4 sandwiches

Active time: 15 minutes **Total:** 15 minutes

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Salmon salad served on tangy pumpernickel bread makes for an easy dinner—a double batch will give you lunch the next day.

- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained
- ¼ cup minced red onion
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon freshly ground pepper
- 4 tablespoons reduced-fat cream cheese (Neufchâtel)
- 8 slices pumpernickel bread, toasted
- 8 slices tomato
- 2 large leaves romaine lettuce, cut in half



Combine salmon, onion, lemon juice, oil and pepper in a medium bowl. Spread 1 tablespoon cream cheese on each of 4 slices of bread. Spread ½ cup salmon salad over the cream cheese. Top with 2 tomato slices, a piece of lettuce and another slice of bread.

Per serving: 283 calories; 9 g fat (3 g sat, 4 g mono); 34 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 22 g protein; 4 g fiber; 646 mg sodium; 277 mg potassium.

Nutrition bonus: Vitamin A (21% daily value), Folate (19% dv), Vitamin C & Zinc (17% dv), omega-3s.

Carbohydrate servings: 2

Exchanges: 2 starch, ½ vegetable, 2 lean meat, 1 fat

Salmon & Roasted Vegetable Salad

Makes: 4 servings

Active time: 25 minutes **Total:** 45 minutes

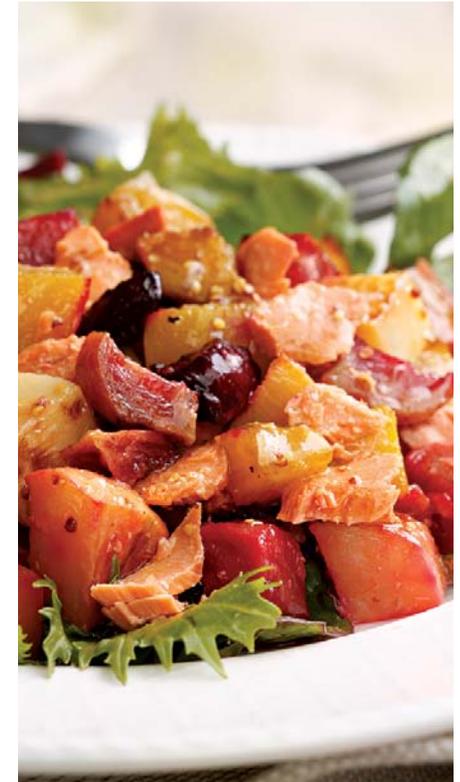
To make ahead: Prepare the dressing (Step 3), cover and refrigerate for up to 1 day.

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Toss roasted vegetables and salmon with a flavor-packed vinaigrette to serve on top of greens for a hearty dinner salad. For a twist, add a poached or fried egg on top.

- 6 cups cubed (½-inch) peeled root vegetables, such as potatoes, turnips, carrots and beets
- 3 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon freshly ground pepper, divided
- ½ teaspoon salt, divided
- 2 tablespoons sherry vinegar or red-wine vinegar
- 1 tablespoon minced garlic
- 1 teaspoon whole-grain mustard
- 1 teaspoon minced anchovy fillet or paste
- 8 cups mixed salad greens
- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained and flaked
- 2 scallions, sliced

1. Preheat oven to 450°F.
2. Toss root vegetables in a large bowl with 1 tablespoon oil, ½ teaspoon pepper and ¼ teaspoon salt. Spread in a single layer on a large rimmed baking sheet. Roast for 15 minutes. Stir and continue roasting until soft and golden brown in spots, 13 to 15 minutes more.
3. Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, garlic, mustard, anchovy and the remaining ¼ teaspoon each pepper and salt in a large bowl. Reserve 2 tablespoons of the dressing in small bowl. Add the salad greens to the large bowl and toss to combine; divide among 4 dinner plates.



4. When the vegetables are done, transfer them to the large bowl and gently combine with the reserved dressing, salmon and scallions. Top the greens with the salmon and vegetables.

Per serving: 313 calories; 12 g fat (2 g sat, 8 g mono); 24 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 21 g protein; 7 g fiber; 708 mg sodium; 1,016 mg potassium.

Nutrition bonus: Vitamin A (62% daily value), Vitamin C (60% dv), Folate (55% dv), Potassium (29% dv), Iron & Magnesium (23% dv), omega-3s.

Carbohydrate servings: 2

Exchanges: 2 starch, 1 vegetable, 2½ lean meat, 2 fat



Salmon Rösti

Makes: 4 servings, 2 rösti (salmon cakes) each

Active time: 30 minutes **Total:** 30 minutes

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Convenient frozen hash browns and flaked salmon come together for a twist on this traditional Swiss favorite. We love the creamy dill sauce, but a dollop of ketchup is tasty too. Serve with steamed green beans tossed with sliced scallions, Dijon mustard and lemon juice.

- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained
- ½ cup finely chopped red onion
- 2 large eggs plus 1 large egg white, lightly beaten
- 1 tablespoon whole-grain mustard
- 3 tablespoons chopped fresh dill or 3 teaspoons dried, divided
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt

- 4 cups frozen hash-brown shredded potatoes (about 12 ounces)
- 2 tablespoons extra-virgin olive oil, divided
- ⅓ cup reduced-fat sour cream
- 1 tablespoon capers, rinsed and chopped
- 1 teaspoon lemon juice

1. Combine salmon, onion, eggs and egg white, mustard, 2 tablespoons fresh dill (or 2 teaspoons dried), pepper and salt in a large bowl. Add potatoes and stir to combine.
2. Preheat oven to 200°F.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat until shimmering. Fill a 1-cup measure two-thirds full with the salmon mixture and firmly pack it down. Unmold into the pan and pat to form a 3-inch cake. Repeat, making 3 more cakes. Cover and cook until browned on the bottom, 3 to 5 minutes. Gently turn over and cook, covered, until crispy on the other side, 3 to 5 minutes more. Transfer the cakes to a baking dish; keep warm in the oven. Wipe out the skillet and cook 4 more cakes with the remaining 1 tablespoon oil and the remaining salmon mixture.
4. Combine sour cream, capers, lemon juice and the remaining dill in a small bowl. Serve the salmon cakes with the dill sauce.

Per serving: 318 calories; 18 g fat (5 g sat, 7 g mono); 130 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 21 g protein; 2 g fiber; 560 mg sodium; 609 mg potassium.

Nutrition bonus: Potassium (17% daily value), Vitamin C (15% dv), omega-3s.

Carbohydrate servings: 1

Exchanges: 1 starch, 2½ lean meat, 2 fat



Blackened Salmon Po' Boy

Makes: 2 servings

Active time: 25 minutes **Total:** 25 minutes

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Mashed avocado mixed with reduced-fat mayo creates a cool, creamy spread—the perfect counterpoint to the spicy salmon and peppery arugula in this sandwich.

- ½ small avocado, pitted
- 1 tablespoon reduced-fat mayonnaise
- 1 teaspoon blackening or Cajun seasoning
- 8 ounces salmon fillet, skinned and cut into 2 portions
- 2 crusty whole-wheat rolls, split and toasted
- 1 cup arugula
- 1 plum tomato, thinly sliced
- ¼ cup thinly sliced red onion

1. Preheat grill to high. Oil grill rack (see *Tip*, page 7).

2. Mash together avocado and mayonnaise in a small bowl with a fork.

3. Rub blackening (or Cajun) seasoning on both sides of salmon. Grill until just cooked through, about 3 to 4 minutes per side.

4. To assemble the sandwiches, spread the avocado mixture on the bottom halves of each roll. Top with the salmon, arugula, tomato and onion.

Per serving: 406 calories; 14 g fat (3 g sat, 7 g mono); 53 mg cholesterol; 43 g carbohydrate; 3 g added sugars; 31 g protein; 6 g fiber; 749 mg sodium; 793 mg potassium.

Nutrition bonus: Potassium (23% daily value), Vitamin C (22% dv), Folate (18% dv) Vitamin A (15% dv).

Carbohydrate servings: 2½

Exchanges: 2½ starch, 2 vegetable, 3 lean meat, 1 fat

Salmon Chowder

Makes: 6 servings, about 1½ cups each.

Active time: 30 minutes **Total:** 30 minutes

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The flavor of this salmon chowder is greatly enhanced by adding either fresh dill or dried tarragon: each herb lends its own distinctively different and appealing character to the soup. Even if you don't keep instant mashed potatoes in your pantry, it's worth picking some up for this soup. They give the soup a thick, chowder texture without any heavy cream or butter. Leftover mashed potatoes work too, but give a slightly less-velvety texture. (Recipe by Nancy Baggett for EatingWell.)

- 1 tablespoon canola oil
- ⅓ cup chopped carrot
- ⅓ cup chopped celery
- 4 cups reduced-sodium chicken broth
- 1½ cups water
- 1 12-ounce skinned salmon fillet (see *Tip*), preferably wild-caught
- 2½ cups frozen cauliflower florets, thawed and coarsely chopped
- 3 tablespoons chopped fresh chives or scallions or 1½ tablespoons dried chives
- 1⅓ cups instant mashed potato flakes or 2 cups leftover mashed potatoes
- ¼ cup chopped fresh dill or 2 teaspoons dried tarragon
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- Freshly ground pepper to taste

1. Heat oil in a large saucepan or Dutch oven over medium heat. Add carrot and celery and cook, stirring frequently, until the vegetables just begin to brown, 3 to 4 minutes. Add broth, water, salmon, cauliflower and chives (or scallions) and bring to a simmer. Cover and cook, maintaining a gentle simmer, until the salmon is just cooked through, 5 to 8 minutes. Remove the salmon to a clean cutting board. Flake into bite-size pieces with a fork.

2. Stir potato flakes (or leftover mashed potatoes), dill (or tarragon) and mustard into the soup until well blended. Return to a simmer. Add the salmon and reheat. Season with salt and pepper.

Per serving: 115 calories; 5 g fat (1 g sat, 2 g mono); 27 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 15 g protein; 2 g fiber; 552 mg sodium; 497 mg potassium.

Nutrition bonus: Vitamin C (50% daily value), Vitamin A (28% dv), omega-3s.

Carbohydrate servings: 0

Exchanges: 1 starch, 1 vegetable, 2 lean meat

Tip: To skin a salmon fillet, place on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.





Cashew Salmon with Apricot Couscous

Makes: 4 servings

Active time: 35 minutes **Total:** 35 minutes

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Yogurt sauce flavored with lemon, cumin and cilantro tops this Indian-inspired grilled salmon.

- ½ cup nonfat plain yogurt**
- 3 scallions, sliced, greens and whites separated**
- 2 tablespoons lemon juice**
- 2 tablespoons chopped fresh cilantro**
- ½ teaspoon ground cumin**
- ¾ teaspoon salt, divided**
- ½ teaspoon freshly ground pepper, divided**
- 1 tablespoon extra-virgin olive oil**
- ¼ cup chopped dried apricots**
- 1 tablespoon minced fresh ginger**
- 1¼ cups water**
- 1 cup whole-wheat couscous**
- 1 pound salmon fillet, preferably wild Pacific, skinned and cut into 4 portions**
- 2 tablespoons chopped toasted cashews (see Tips)**

1. Preheat grill to medium-high or position rack in upper third of oven and preheat broiler.

2. Combine yogurt, scallion greens, lemon juice, cilantro, cumin, ¼ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Set aside.

3. Heat oil in a large saucepan over medium heat. Add apricots, ginger, the scallion whites and ¼ teaspoon salt. Cook, stirring, until softened, about 2 minutes. Add water and bring to a boil over high heat. Stir in couscous. Remove from heat, cover and let stand until the liquid is absorbed, about 5 minutes. Fluff with a fork.

4. Meanwhile, rub salmon with the remaining ¼ teaspoon each salt and pepper. If grilling, oil the grill rack. If broiling, coat a broiler pan with cooking spray. Grill or broil the salmon until browned and just cooked through, about 3 minutes per side. Serve with the couscous, topped with the yogurt sauce and cashews.

Per serving: 492 calories; 15 g fat (2 g sat, 6 g mono); 73 mg cholesterol; 57 g carbohydrate; 0 g added sugars; 36 g protein; 9 g fiber; 533 mg sodium; 701 mg potassium.

Nutrition bonus: Potassium (20% daily value), Potassium (17% dv), omega-3s.

Carbohydrate servings: 3

Exchanges: 3 starch, ½ fruit, 3 lean meat, 1 fat

Tip:

To toast chopped nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Salmon Pinwheels

Makes: 4 servings

Active time: 15 minutes **Total:** 30 minutes

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Don't be intimidated by this fancy-looking breaded-salmon pinwheel—it's quite easy to do. This technique works best when you use "center-cut" salmon fillet. If you don't have a center-cut fillet or want to simplify the preparation, leave the fillet whole, spread the mayonnaise over it, top with the breadcrumb mixture and bake. To cut down on prep time, ask your fishmonger to skin the salmon for you. Serve with garlic-rosemary roasted potatoes and wilted spinach.

- ½ cup coarse dry breadcrumbs, preferably whole-wheat (see *Tip*)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon whole-grain mustard
- 1 tablespoon chopped shallot
- 1 tablespoon lemon juice
- 1 teaspoon chopped rinsed capers
- 1 teaspoon chopped fresh thyme or ½ teaspoon dried
- 1¼ pounds center-cut salmon fillet, skinned and cut lengthwise into 4 strips
- 4 teaspoons low-fat mayonnaise

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Mix breadcrumbs, oil, mustard, shallot, lemon juice, capers and thyme in a small bowl until combined.
3. Working with one at a time, spread each salmon strip with 1 teaspoon mayonnaise. Spread about 3 tablespoons of the breadcrumb mixture over the mayonnaise. Starting at one end, roll the salmon up tightly, tucking in any loose filling as you go. Insert a toothpick through the end to keep the pinwheel from unrolling. Place in the prepared dish. Repeat with the remaining salmon strips.
4. Bake the pinwheels until just cooked through, 15 to 20 minutes. Remove the toothpicks before serving.

Per serving: 257 calories; 10 g fat (2 g sat, 5 g mono); 68 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 30 g protein; 1 g fiber; 205 mg sodium; 538 mg potassium.

Nutrition bonus: Potassium (15% daily value), omega-3s.

Carbohydrate servings: ½

Exchanges: ½ starch, 4 lean meat, 1 fat

Tip: We like Ian's brand of coarse dry whole-wheat breadcrumbs, labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets. Or, make your own breadcrumbs: Trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. Spread the breadcrumbs on a baking sheet and bake at 250°F until dry and crispy, about 15 minutes. One slice of bread makes about ⅓ cup dry whole-wheat breadcrumbs.





Grilled Salmon with Mustard & Herbs

Makes: 4 servings

Active time: 15 minutes **Total:** 40 minutes

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Salmon cooks over a bed of lemon and fresh herbs to infuse it with flavor and keep the fish tender and moist. We like a blend of thyme, tarragon and oregano, but any of your favorite herbs will work. Serve with grilled new potatoes tossed in an herb vinaigrette and steamed green beans.

- 2 lemons, thinly sliced, plus 1 lemon cut into wedges for garnish
- 20-30 sprigs mixed fresh herbs plus 2 tablespoons chopped, divided
- 1 clove garlic
- ¼ teaspoon salt
- 1 tablespoon Dijon mustard
- 1 pound center-cut salmon, skinned (see *Tip*, page 6)

1. Preheat grill to medium-high.
2. Lay two 9-inch pieces of heavy-duty foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 tablespoons chopped herbs. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs.
3. Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 18 to 24 minutes. Wearing oven mitts, carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

Per serving: 138 calories; 4 g fat (1 g sat, 2 g mono); 53 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 23 g protein; 0 g fiber; 250 mg sodium; 434 mg potassium. **Nutrition**

bonus: Omega-3s.

Carbohydrate servings: 0

Exchanges: 3 lean meat



Smoked Salmon Salad Niçoise

Makes: 2 servings

Active time: 30 minutes **Total:** 30 minutes

To make ahead: Store the potatoes and beans (Step 1) in an airtight container in the refrigerator for up to 2 days.

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This twist on a classic salade Niçoise uses smoked salmon in place of tuna and adds extra vegetables in place of hard-boiled eggs and olives.

- 8 ounces small red potatoes, scrubbed and halved
- 6 ounces green beans, preferably thin haricots verts, trimmed and halved
- 2 tablespoons reduced-fat mayonnaise
- 1 tablespoon white-wine vinegar
- 1 teaspoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- ½ teaspoon dried dill
- ¼ teaspoon freshly ground pepper
- 6 cups mixed salad greens
- ½ small cucumber, halved, seeded and thinly sliced
- 12 small cherry or grape tomatoes, halved
- 4 ounces smoked salmon, cut into 2-inch pieces

1. Place a large bowl of ice water next to the stove. Bring 1 inch of water to a boil in a large saucepan. Place potatoes in a steamer basket over the boiling water, cover and steam until tender when pierced with a fork, 10 to 15 minutes. Transfer the potatoes with a slotted spoon to the ice water. Add green beans to the steamer, cover and steam until tender-crisp, 4 to 5 minutes. Transfer the green beans with a slotted spoon to the ice water. Transfer the potatoes and beans to a towel-lined baking sheet to drain.

2. Meanwhile, whisk mayonnaise, vinegar, lemon juice, Worcestershire sauce, mustard, dill and pepper in a large bowl. Add the potatoes and green beans, salad greens, cucumber and tomatoes; toss gently to coat.

3. Divide the salad and smoked salmon between 2 plates.

Per serving: 248 calories; 4 g fat (1 g sat, 1 g mono); 13 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 17 g protein; 7 g fiber; 671 mg sodium; 842 mg potassium.

Nutrition bonus: Vitamin C (105% daily value), Vitamin A (78% dv), Folate (37% dv), Potassium (24% dv), Iron (22% dv), Magnesium (17% dv), omega-3s.

Carbohydrate servings: 2

Exchanges: 1 starch, 3 vegetable, 1½ lean meat



Plank-Grilled Sweet Soy Salmon

Makes: 4 servings

Active time: 30 minutes **Total:** 2¼ hours
(including soaking the plank)

To make ahead: The salmon can be marinated for up to 2 hours.

Equipment: Grilling plank (see *Tips*)

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Using a plank to grill fish keeps it from sticking or falling through the grate and imparts a subtle smoky flavor to the salmon. You could also use mahi-mahi or Pacific halibut in this recipe.

- ¼ cup reduced-sodium soy sauce
- ¼ cup sake or dry white wine (see *Tips*)
- ¼ cup mirin (see *Tips*)
- 2 tablespoons sugar
- 3 tablespoons coarsely chopped scallions
- 3 tablespoons coarsely chopped fresh ginger
- 4 5-ounce wild salmon fillets or steaks, ¾-1 inch thick, skin on
- 1 small lemon, thinly sliced

1. Soak a grilling plank in water for 2 to 4 hours.
2. Meanwhile, combine soy sauce, sake (or white wine), mirin, sugar, scallions and ginger in a small saucepan and bring to a boil. Remove from the heat and let cool to room temperature.
3. Place salmon in a shallow dish and pour the marinade over it. Place lemon slices on top. Marinate in the refrigerator for at least 30 minutes but no more than 2 hours, turning the fish once or twice.
4. Preheat grill to medium-high.
5. Place the soaked plank over direct heat on the grill and heat for 2 minutes. Move the plank so it's over indirect heat (see *Tips*). Remove the salmon from the marinade, place it skin-side down (if using fillets) on the hot plank and replace the lemon slices on top. Close the lid and cook until the fish is just cooked through, 10 to 15 minutes. Use the plank as the serving platter, if desired.

Per serving: 233 calories; 10 g fat (2 g sat, 3 g mono); 90 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 32 g protein; 0 g fiber; 93 mg sodium; 794 mg potassium.

Nutrition bonus: Potassium (23% daily value), omega-3s.

Carbohydrate servings: 0

Exchanges: 4½ lean meat

Tips:

Cedar (or other hardwood) grilling planks can be found in well-stocked supermarkets in the seafood department, near other grilling supplies or at hardware stores. Make sure the plank is virgin, untreated wood and at least ¼ inch thick, thicker if possible. The thicker the plank, the more expensive, but it will last longer.

Sake is a dry rice wine generally available where wines are sold. Junmai, a special designation for sake, denotes sake brewed from rice that has been milled less than other special-designation sakes. More pure than other sakes, junmai has no distilled alcohol added. It is characterized by a well-rounded, rich flavor and body and more acidity than most sakes.

Mirin is a sweet, low-alcohol rice wine essential in Japanese cooking. Look for it in your supermarket with the Asian ingredients.

To cook over indirect heat on a gas grill, turn one burner off and place the plank above it. For a charcoal grill, build two small piles of coals on either side of the grill. Place the plank in the center of the grill above the area without any coals beneath it.

Salmon Panzanella

Makes: 4 servings, 2 cups salad & 3 ounces salmon each

Active time: 30 minutes **Total:** 30 minutes

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This traditional Italian bread salad is full of tomatoes and cucumber and gets a protein boost with the addition of grilled salmon.

- 8 Kalamata olives, pitted and chopped
- 3 tablespoons red-wine vinegar
- 1 tablespoon capers, rinsed and chopped
- ¼ teaspoon freshly ground pepper, divided
- 3 tablespoons extra-virgin olive oil
- 2 thick slices day-old whole-grain bread, cut into 1-inch cubes (see *Tip*)
- 2 large tomatoes, cut into 1-inch pieces
- 1 medium cucumber, peeled (if desired), seeded and cut into 1-inch pieces
- ¼ cup thinly sliced red onion
- ¼ cup thinly sliced fresh basil
- 1 pound center-cut salmon, skinned (see *Tip, page 6*) and cut into 4 portions
- ½ teaspoon kosher salt

1. Preheat grill to high.
2. Whisk olives, vinegar, capers and ¼ teaspoon pepper in a large bowl. Slowly whisk in oil until combined. Add bread, tomatoes, cucumber, onion and basil.
3. Oil the grill rack (see *Tip, page 7*). Season both sides of salmon with salt and the remaining ¼ teaspoon pepper. Grill the salmon until cooked through, 4 to 5 minutes per side.

4. Divide the salad among 4 plates and top each with a piece of salmon.

Per serving: 308 calories; 17 g fat (3 g sat, 11 g mono); 53 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 26 g protein; 5 g fiber; 385 mg sodium; 761 mg potassium.

Nutrition bonus: Vitamin C (32% daily value), Vitamin A (25% dv), Potassium (22% dv), Folate (17% dv), omega-3s

Carbohydrate servings: ½

Exchanges: ½ starch, 1½ vegetable, 3 lean meat, 2 fat

Tip: If using fresh bread, you can grill the bread slices along with the salmon and then cut them into cubes. Alternatively, cut bread into cubes, place on a baking sheet and bake at 300°F until dry.



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

Heart Health has limited saturated fat.

Diabetes is low in calories and meets limits for Carbohydrate Servings.

Weight Loss has reduced calories (and limited saturated fat).

Gluten Free does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)