

VitaMin

Vital health information in a minute



SESAME SALMON WITH GREEN ONIONS AND LEMON

Photo: Johnny Autry

Yield: Serves 4
Total: 24 minutes

Ingredients

- 4 (6-ounce) sustainable salmon fillets (such as wild Alaskan)
- Cooking spray
- 2 tablespoons sesame seeds
- 2 tablespoons black sesame seeds
- 1/2 teaspoon salt, divided
- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 2 cups (1-inch) slices green onions
- 5 thin lemon slices, halved
- 1/4 teaspoon black pepper
- 1 cup baby arugula

Preparation

1. Preheat oven to 400°.
2. Arrange salmon in a single layer on a jelly-roll pan coated with cooking spray. Combine sesame seeds and 3/8 teaspoon salt; sprinkle evenly over flesh sides of fillets, pressing gently into fish. Bake at 400° for 14 minutes or until desired degree of doneness.
3. Melt butter in a medium saucepan over medium heat. Add oil to pan; swirl. Add green onions; cook 2 minutes, stirring occasionally. Add lemon slices; cook 2 minutes. Sprinkle green onion mixture with remaining 1/8 teaspoon salt and pepper. Place 1 fillet on each of 4 plates. Place arugula in a medium bowl. Add green onion mixture to bowl with arugula; toss. Divide arugula mixture evenly among servings.

Nutritional Information

Amount per serving

- Calories: 312
- Fat: 17.9 g
- Saturated fat: 4.4 g
- Monounsaturated fat: 7.3 g
- Polyunsaturated fat: 4.9 g
- Protein: 29 g
- Carbohydrate: 7 g
- Fiber: 3.4 g
- Cholesterol: 75 mg
- Iron: 2.7 mg
- Sodium: 378 mg
- Calcium: 152 mg

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