

Sesame Grilled Salmon with Brown Rice & Steamed Broccoli

Servings: 2

Adapted from Cooking Light 2009

Ingredients

1/8 cup lower-sodium soy sauce
1 tablespoon finely chopped green onions
1 teaspoons toasted sesame seeds
2 (6-ounce) salmon fillets (about 3/4-inch thick)
Cooking spray
1/2 cup whole grain brown rice
1/2 lb crown broccoli, steamed

Preparation

- 1) If sesame seeds are not toasted, place them in a small skillet over medium heat until starting to brown. Remove from heat. Combine soy sauce, onions, and toasted sesame seeds in a large zip-top plastic bag. Add salmon, seal and let stand 10 minutes, turning the bag occasionally.
- 3) Heat a grill pan or outside grill to medium-high heat. Coat pan or grill with cooking spray. Remove salmon from bag and discard marinade. Add tuna to pan or grill. Cook for 5 minutes or until desired degree of doneness, turning once.
- 4) Cook rice according to package directions. Serve salmon with rice and steamed broccoli.