

Sesame Salmon with Wasabi Mayo

Carolyn Ketchum - Wakefield, MA

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Servings: 6

Preparation Time: 15 minutes

Bake Time: 20 minutes

2 tablespoons butter, melted

3 tablespoons sesame oil, divided

1 (2-pound) salmon fillet

1/4 teaspoon salt

1/4 teaspoon pepper

1/3 cup mayonnaise

1 1/2 teaspoons lemon juice

1 teaspoon prepared wasabi

4 green onions, chopped

2 tablespoons sesame seeds, toasted

Preheat the oven to 425 degrees.

Drizzle the butter and two tablespoons of oil into a 13x9-inch baking dish. Tilt to coat the bottom.

Place the salmon in the dish. Brush with the remaining oil and sprinkle with salt and pepper.

Bake, uncovered, for 18 to 22 minutes or until the fish flakes easily with a fork.

Meanwhile, in a bowl, combine the mayonnaise, lemon juice and wasabi.

Sprinkle the salmon with the onions and sesame seeds.

Serve with the sauce.

Per Serving (excluding unknown items): 380 Calories; 28g Fat (65.2% calories from fat); 31g Protein; 2g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 317mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat.