

Tomato-Ginger Salmon with Coconut Rice

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Servings: 4

*1 cup jasmine rice
2 1/4 cups chicken broth, divided
1 3/4 cups coconut milk, divided
1 tablespoon sesame oil
2 cloves garlic, coarsely chopped
2 teaspoons ginger spice paste
1 1/2 pounds salmon filets, skin removed
3/4 teaspoon Kosher salt, divided
1/4 teaspoon pepper
2 cups crushed tomatoes with basil, drained
1/2 cup presliced green onions, divided*

In a medium saucepan, place the rice, 1-1/4 cups broth, 3/4 cup of coconut milk and the sesame oil. Bring to a boil.

Cover. Reduce the heat to low. Simmer for 18 to 20 minutes or until the liquid is absorbed and the rice is tender.

Chop the garlic. Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place the garlic, ginger, remaining one cup of broth and the remaining one cup of coconut milk into the pan. Bring to a boil.

Meanwhile, season the salmon on both sides with 1/2 teaspoon of the salt and the pepper. (Wash hands).

Add the tomatoes and salmon to the sauce. Reduce the heat to medium-low. Cook for 6 to 10 minutes, basting the fish with the sauce occasionally, or until the salmon is 145 degrees (or opaque and separates easily).

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 296 Calories; 29g Fat (84.4% calories from fat); 5g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 798mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 5 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	296	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	84.4%
% Calories from Carbohydrates:	8.9%
% Calories from Protein:	6.7%
Total Fat (g):	29g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	2g
Protein (g):	5g
Sodium (mg):	798mg
Potassium (mg):	400mg
Calcium (mg):	25mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	trace
Vitamin A (r.e.):	0RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	20mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 296 **Calories from Fat:** 250

% Daily Values*

Total Fat 29g	45%
Saturated Fat 23g	114%
Cholesterol 0mg	0%
Sodium 798mg	33%
Total Carbohydrates 7g	2%
Dietary Fiber 2g	10%
Protein 5g	
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Vitamin A	0%
Vitamin C	6%
Calcium	3%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.