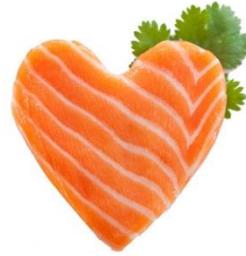


## Salmon Recipes from Phyllis Molnar

### Orange Glazed Salmon



- ½ cup orange juice
- 1 Tablespoon grated fresh ginger
- 2 teaspoons sesame seed oil
- 2 Tablespoons lite soy sauce
- 1 pound center cut salmon fillets, cut into 4 fillets
- 1 Tablespoon cornstarch
- 2 Tablespoons cold water

In a medium bowl, combine orange juice, ginger, oil and soy sauce. Add salmon. Cover and refrigerate for 30 minutes to marinate.

Meanwhile, drain and reserve marinade. Place salmon fillets on a foil lined pan (for easy clean-up). Broil, grill or bake (at 350 degrees) for 15 to 20 minutes or until it is opaque.

Put reserved marinade in a saucepan and bring to a boil. Mix cornstarch with cold water till dissolved. Add to sauce and cook one minute or until thickened. Serve orange sauce over salmon. Serves 4.

Source: American Institute for Cancer Research

### Crispy “Oven Fried” Salmon Fillets

5-6 ounce skin-on salmon fillets, preferably wild salmon  
(Cook one fillet for each person.)

- Lemon juice
- Dill, dried (or chopped fresh dill),
- Salt, pepper, onion powder, to taste
- Extra virgin olive oil
- Planko bread crumbs

Preheat oven to 350 degrees. Line baking pan with foil and spray with cooking oil.

Place one salmon fillet per person on baking pan with skin side down. Drizzle a little lemon juice over each fillet. Sprinkle each fillet with a few dashes of dill, salt, pepper and onion powder, to taste. In a small bowl, mix approximately 2 Tbsp. Planko bread crumbs with 2-3 tsp. olive oil for each salmon fillet. Press bread crumb mixture onto each salmon fillet.

Bake for 15-20 minutes or until salmon flakes easily with a fork.

Source: Recipe recreated from salmon served on Alaskan river boat tour.

**Serving suggestion:** This was served with a colorful brown rice medley with added black beans and yellow corn. (The brown rice, beans and corn are especially rich sources of heart healthy fiber.) Simply cook instant brown rice with low sodium chicken bouillon then add drained and rinsed canned black beans and corn.

**Note:** This recipe got my daughter, who previously wouldn't eat salmon, to actually like salmon. Now it's one of her favorites.

### **Crunchy Nut-Crusted Salmon**

4 Salmon fillets (or one fillet per person)  
Lemon juice  
Salt and pepper to taste  
1 Tbsp. honey mustard  
2 Tbsp. bread crumbs  
1 tsp. parsley  
2 Tbsp. finely chopped walnuts

Preheat oven to 400 degrees. Line baking pan with foil and spray with cooking oil. Place one salmon fillet for each person on baking sheet and spray with cooking oil (or drizzle about 1 tsp. olive oil over each fillet).

Sprinkle salmon with lemon juice, salt and pepper to taste. Brush mustard evenly over fillets. In a small bowl, mix bread crumbs, parsley and nuts. Press mixture onto fish. Bake 10 to 15 minutes or until fish flakes easily with fork.

**Serving suggestion:** Delicious served on a bed of spinach sautéed in olive oil with a clove of garlic.

**Nutrition Note:** Walnuts are rich in the plant (ALA) omega-3 fatty acids.

### **Simply Delicious Baked Salmon**

1 salmon fillet per person (about 1 inch thick)  
Olive or canola cooking oil spray  
Few dashes of Worcestershire sauce  
Few dashes of onion powder  
Few dashes of paprika

Preheat oven to 350 degrees. Line a shallow baking pan with foil. Place salmon skin side down on foil. Spray fish with oil. Evenly sprinkle on a few dashes of Worcestershire sauce, onion powder and paprika. Bake for about 20 to 25 minutes or until fish flakes easily with a fork.

**Serving suggestion:** Delicious with a baked, microwave potato and steamed broccoli florets.