Food



CASHEW SALMON WITH APRICOT COUSCOUS

Yogurt sauce flavored with lemon, cumin and cilantro tops this Indian-inspired grilled salmon and apricot couscous. Try this quick, easy recipe for entertaining. Serve with steamed snap peas and a glass of gewürztraminer.

Servings: 4 servings Total Time: 35 minutes Ease of Preparation: Easy

Ingredients:

Cashew Salmon with Apricot Couscous 1/2 cup nonfat plain yogurt

3 scallions, sliced, greens and whites separated

2 tablespoons lemon juice

2 tablespoons chopped fresh cilantro

1/2-teaspoon ground cumin

3/4-teaspoon salt, divided

1/2 teaspoon freshly ground pepper, divided 1-tablespoon extra-virgin olive oil

1/2 cup chopped dried apricots

1 tablespoon minced fresh ginger

1 1/4 cups water

1-cup whole-wheat couscous

1 pound salmon fillet, preferably wild Pacific, skinned and cut into 4 portions

1/4 cup chopped toasted cashews (see Tip)

HONEY-SOY BROILED SALMON

A sweet, tangy and salty mixture of soy sauce, rice vinegar and honey does doubleduty as marinade and sauce. Toasted sesame seeds provide a nutty and attractive accent.

Make it a meal: Serve with brown rice and sautéed red peppers and zucchini slices. Makes 4 servings

Active Time: 20 minutes Total Time: 40 minutes

Ease of Preparation: Easy

Ingredients:

1 scallion, minced

2 tablespoons reduced-sodium soy sauce

1-tablespoon rice vinegar

1-tablespoon honey

1 teaspoon minced fresh ginger

1-pound center-cut salmon fillet, skinned (see Tip) and cut into 4 portions

1 teaspoon toasted sesame seeds (see Tip) Steps:

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.

Steps:

1: Preheat grill to medium-high or position rack in upper third of oven and preheat broiler. 2: Combine yogurt, scallion greens, lemon juice, cilantro, cumin, 1/4-teaspoon salt and

1/4-teaspoon pepper in a medium bowl. 3: Heat oil in a large saucepan over me-

dium heat. Add apricots, ginger, scallion whites and 1/4-teaspoon salt. Cook, stirring, until softened, about 2 minutes. Add water and bring to a boil over high heat. Stir in couscous. Remove from heat, cover and let stand until the liquid is absorbed, about 5 minutes. Fluff with a fork.

4: Meanwhile, rub salmon with the remaining 1/4-teaspoon each salt and pepper. If broiling, coat a broiler pan with cooking spray. If grilling, oil the grill rack (see Tip). Grill or broil the salmon until browned and just cooked through, about 3 minutes per side. Serve with the couscous, topped with the yogurt sauce and cashews.

Nutrition: (Per serving) Calories - 571 Carbohydrates - 65 Fat - 21 Saturated Fat - 4 Monounsaturated Fat - 9 Protein - 34 Cholesterol - 68 Dietary Fiber - 10 Potassium - 776 Sodium - 526

Tips: To toast chopped cashews, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

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pan with foil and coat with cooking spray. 3. Transfer the salmon to the pan, skinnedside down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

Nutrition Information Per serving: 234 calories; 13 g fat (3 g sat, 5 g mono); 67 mg cholesterol; 6 g carbohydrate; 23 g protein;

- 0 g fiber;
- 335 mg sodium;
- 444 mg potassium.

TIP: Tips: How to skin a salmon fillet: Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either. To toast sesame seeds, heat a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

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El Segundo Dining Destinations

American Casual

El Segundo Fish Co.: 210 E. Grand Ave. 310-616-7222. Good Stuff: BI Richmond Street 310-647-9997 HOP: 755 N. Sepulveds 5kd. 310-227-8500 Main Street Cafe: 450 Main Street 510-322-001 Mandy's: 241 Main Street 310-322-7272 Mariposae Rostaurant: 729 N. Sepulveda Divd. 310-619-001 Wendy's Place Cafe: 107 W. Grand Ave. 30-522-3942.

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<u>Indian</u>

Indian Summer: 289 Main Street: 310-322-7990

Italian/Pizza

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Japanese.

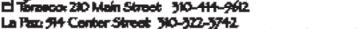
Harabi Japanese Grik 310 E. Grand Ave. #11 - 310-116-978; Hara Hara: 409 Main Street 30-640-2352 Maki Yaki: 100 W. Inperial Ave. #11 310-361-1231 O-Shun: 337 Main Street 310-640-9630 San Sai Japanese Grill: 630 N. Sepulveda Divd. 310-640-7665 Sushi Averae: 130 E. Grand Ave. #K 310-414-9359 Talko: 2041 Kosecrans Ave. 310-647-3100

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Mexican

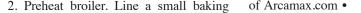
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