

# 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)

### 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 medium 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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## HONEY-SOY BROILED SALMON

A sweet, tangy and salty mixture of soy sauce, rice vinegar and honey does double-duty 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.
2. Preheat broiler. Line a small baking

pan with foil and coat with cooking spray.

3. Transfer the salmon to the pan, skinned-side 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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