# 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 COV PROUED CALMON

### 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

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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, 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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#### 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.

2. Preheat broiler. Line a small bakin



