

Baked Salmon with Chard and Grilled Polenta

Baked wild salmon with chard will grace your table tonight, accompanied by a tropical mango salsa over toasty grilled polenta. There are bound to be praises sung in honor of this heavenly combination.

Plan to make the polenta mid-afternoon and chill it in the fridge for a couple of hours.

Preparation time: 40 minutes - Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

Plan to prep and organize ingredients on small plates or in bowls so they are easy to add. Prep a total of 1-1/2 C. chopped onion: 1/2 C. for the Polenta, 1/2 C. for the Salsa and 1/2 C. for the greens. You'll also prep 2 cloves chopped garlic: 1 for the Salsa, and 1 for the greens.

Polenta

(oil a 9" X 9" baking dish)

- 1 tsp. olive oil
- 1/2 C. yellow onion (chopped)
- 3 C. water
- 1 C. dry polenta-style cornmeal mixed with
- 1/2 C. cold water
- 3 T. Parmesan cheese
- 1 tsp. canola oil (for grilling)

*Make Polenta
early in the day.*

Baked Salmon

- 1 T. rice wine vinegar
- 1 tsp. low-sodium soy sauce or tamari
- 1 tsp. sesame oil
- 2 T. orange juice

- 16 oz. fresh wild salmon fillet

Low Sodium Tomato Salsa

Quick, Low-sodium Tomato Salsa:

- 1 clove garlic (smashed and chopped)
- 1/2 C. yellow onion (chopped)
- 1 Jalapeno pepper (seeded and finely-chopped)
- 1 Anaheim pepper (seeded and finely-chopped)
- 1/4 C. cilantro leaves (chopped)
- one 15 oz. can no-salt diced tomatoes
- pinch of salt
- juice from one-half lime

Mango Salsa:

- 1 C. fresh mango (chopped)
- 1 C. low-sodium tomato salsa (from above)

Sautéed Greens

- 1 tsp. olive oil
- 1 tsp. low-sodium soy sauce or tamari
- 1 tsp. Asian Garlic Pepper sauce
- 1/3 C. low-sodium vegetable broth
- 2 T. rice wine vinegar
- 1 clove garlic (smashed and chopped)
- 1/2 C. yellow onion (chopped)
- 1 bunch chard (stems and leaves chopped separately)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Make Polenta early so it has several hours to chill.

Polenta

1. Heat olive oil in bottom of a deep saucepan.
2. Sauté onion until it turns translucent. Add 3 C. water and bring to a boil.
3. Mix polenta with 1/2 C. cold water. Slowly whisk polenta into boiling water to avoid lumps. Reduce heat to low and cook 15 minutes. Set a timer and stir often.
4. When timer sounds, stir in Parmesan. Remove from heat and spread into an oiled 9X9 baking dish. Allow to cool 1-2 hours in fridge. When cooled, cut into 4" squares.
5. If grilling the polenta on an outdoor grill, use an oiled fish grilling basket. If using a stovetop griddle, measure oil into a shallow bowl and apply liberally to the griddle before you begin to brown. In either case, you want dark grilling lines to show on the polenta squares.
6. Allow to cool slightly and cut grilled squares diagonally into triangles.

Salsa

Low-sodium Tomato Salsa:

Place garlic, onion, peppers and cilantro in a food processor and pulse until finely chopped. Add the diced tomatoes, salt and lime juice. Pulse a few more times to blend well. You'll use 1 C. tonight. Store remaining salsa in a jar in the fridge.

Mango Salsa:

Measure 1/2 C. chopped mango into a medium-size bowl. Mash well. Add remaining 1/2 C. chopped mango and 1 C. of the Low-sodium Tomato Salsa to bowl. Stir well and set aside. (Warm mango salsa 1 minute in the microwave just before serving the meal.)

Baked Salmon

Preheat oven to 425°.

Mix vinegar, soy sauce, sesame oil and orange juice in a small bowl.

Place salmon, skin-side-down, in an oiled shallow baking dish. Pour orange juice mixture over salmon and place in oven. Set a timer for 15 minutes. If fillets are thick you may need to bake a few more minutes.

Sauteed Greens

Place oil, soy sauce, pepper sauce, broth and vinegar in a large deep kettle. Bring to a boil and add garlic, onion and chard stems. Cook 10 minutes over medium-low heat. Add chard leaves and sauté another 2-minutes.

Plate the Meal

Divide chard between two dinner plates. Arrange 3 triangles of polenta over the chard.

Spoon 1/4 C. mango salsa over polenta and greens.

Use half of the salmon tonight. Divide it into two servings and place over greens. Arrange remaining chard over and around polenta and salmon.

Top with another 1/4 C. mango salsa.

Store the remaining salmon and the additional polenta squares in sealed containers in the fridge.

Let us know what you think and ask any questions you may have. chezdon@plate6.com