

Baked Salmon with Dill

Want to know the best way to add vitamin B12 to your diet? Instead of supplements, try the old fashioned approach by eating foods rich in this essential vitamin.

Wild salmon will do the trick and it's on the menu tonight! Finish your plate with steamed fresh broccoli and carrots splashed with a little lemon juice. Some delicious nutty rice will round out the textures and flavors.

Preparation Time: 45 minutes - Servings 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. Prep items in all three boxes below. You'll use 2 lemons tonight. Divide juice of 1 lemon between nutty rice and ponzu sauce. Quarter the other lemon into wedges as a garnish for salmon and vegetables.

Nutty Rice

Brown rice:

1 C. brown rice
plus
2-1/4 C. water

Additions for Nutty Rice:

1 T. lemon juice
2 T. low-sodium vegetable broth
pinch of salt

1/3 C. green onions (stems and bulbs thin-sliced)
1/4 C. fresh parsley (chopped)

8 pecan halves (toasted and broken into pieces)

Ponzu Sauce/Baked Salmon

Ponzu sauce:

1/2 tsp. low-sodium soy sauce
2 T. lemon juice
1/2 tsp. granulated sugar
1/4 tsp. grated fresh ginger

Baked Salmon:

1 tsp. canola oil (for baking dish)
two 5 oz. salmon fillets
1 T. fresh dill (chopped)

Steamed Carrots and Broccoli

1-1/2 C. carrots (scrubbed and sliced diagonally)
2-1/2 C. broccoli (washed and cut into equal size pieces)
pinch of salt

Garnish:

1 lemon (cut into wedges)

First
Put Rice on to cook
and
Preheat the oven to 400°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting the rice on to cook and preheating the oven. Once the rice begins to boil, cover and reduce heat to medium-low. Set a timer for 25 minutes.

Nutty Rice

1. Once rice is cooked, measure 1-1/2 C. cooked rice into a medium-sized mixing bowl.
2. Mix lemon juice, vegetable broth and salt together in a small bowl. Pour over rice and toss.
3. Add chopped green onions and parsley while dish is still hot. Mix well.
4. Allow to cool a few minutes. Break toasted pecans into the rice. Stir well and let stand.
5. If necessary, rewarm nutty rice in microwave before serving.

Ponzu Sauce/Baked Salmon

1. Mix all ponzu sauce ingredients together.
2. Oil a baking dish with canola oil and place salmon, skin-side-down, in dish. Drizzle with 3/4 of the ponzu sauce. Sprinkle with dill. Slide into the preheated oven. Cook 15 minutes.
3. (Steam vegetables while salmon cooks.)
4. When timer sounds, remove salmon from the oven and drizzle with remaining ponzu sauce.
5. Turn off heat and slide dinner plates into the oven to warm. Careful! Use a hot pad to remove plates before plating the meal.

Steamed Carrots and Broccoli/Plate the meal

Steamed Carrots and Broccoli:

1. Steam carrots 2 minutes over $\frac{3}{4}$ C. boiling water. Add the broccoli, cover again and steam another 4 minutes. Remove from heat and sprinkle with a pinch of salt.

Plate the Meal:

1. Place cooked salmon fillets in the middle of the warm plates.
2. Lift carrots and broccoli from steamer. Set on plates with a lemon wedges.
3. Divide Nutty Rice between plates and place alongside fillet.

Plate should have a mound of Nutty Rice, salmon in the middle and serving of carrots and broccoli with lemon wedges by the salmon.

What I've Learned from this Recipe

Tonight, ponzu sauce and fresh dill is applied before cooking the salmon. Ponzu is a classic Japanese condiment made up of a mixture of sweet, acidic and salty elements. This is a simplified, homemade version.

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