

# Salmon Stir Fry

- **Yield:** 4 Servings

## Ingredients

2 tsp. canola oil  
2 tsp. peeled, grated fresh ginger  
2 scallions, minced  
2 garlic cloves, minced  
1 large red pepper, seeded and sliced into 1/2-inch strips  
1 cup broccoli florets  
3 Tbsp. reduced-sodium, low-fat chicken broth  
1/2 lb. **Perfect Roasted Salmon**, cut into medium chunks



### Perfect Roasted Salmon instructions:

1/2 lbs. fresh salmon, skin on  
Kosher salt and freshly ground black pepper to taste  
1/2 Tbsp. olive oil

1. Preheat the oven to 400°F. Line a large baking sheet with parchment paper. Place the salmon, skin side down, on the baking sheet. Season the salmon with salt and pepper, and brush with olive oil.
2. Roast the salmon for 20 to 25 minutes, or until cooked through. It can still be a little pink inside.
3. Remove the skin, and cut into fillets.

**NOTE:** Leftovers can be stored, covered, in the refrigerator for up to 2 days.

1 Tbsp. light soy sauce  
1 Tbsp. hoisin sauce  
2 tsp. toasted sesame seeds for garnish

## Preparation

1. In a large wok or skillet, heat the oil over medium-high heat. Add the ginger, scallions, and garlic, and stir-fry for 30 seconds.
2. Add in the red pepper, and stir-fry for 2 minutes. Add in the broccoli, and stir-fry for 1 minute. Add in the chicken broth, cover, and steam for 1 to 2 minutes, until the broccoli turns bright green and is crisp. Add in the salmon, soy sauce, and hoisin sauce, and toss very gently. Garnish the stir-fry with toasted sesame seeds.

Fat: 10g  
Carbohydrate: 7g

Saturated fat: 1.5g  
Fiber: 2g

Protein: 17.0g  
Cholesterol: 45 mg