Ginger Sesame Salmon

1 sheet (12 x 18-inches) heavy-duty aluminum foil
4 thin onion slices, separated into rings
2 medium carrots, shredded or cut into julienne strips
1 (1 to 1-1/2 pound) salmon fillet, thawed if necessary
2 teaspoons fresh ginger, grated
2 tablespoons seasoned rice vinegar
2 teaspoons sesame oil
1/2 teaspoons salt or to taste
1/4 teaspoons pepper or to taste
4 cups fresh spinach leaves

1. Preheat oven to 450°F.
2. Center onion and carrots on foil sheet. Top with salmon fillet.
3. In small bowl combine ginger, rice vinegar and sesame oil. Pour over salmon. Season with salt and pepper. Wrap and seal foil to form a packet.
4. Bake on a cookie sheet in a 450°F for 16 to 20 or until fish flakes easily with a fork.
5. Serve salmon topped with onion and carrots on a bed of spinach. Sprinkle with additional rice vinegar if desired.

**Grilling Instructions:** Cook covered, 20 to 25 minutes on medium-hot grill or until fish flakes easily with a fork.

Serves 4.

### Nutrition Facts

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<th>Servings per recipe: 4</th>
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| Calories | 179 | Calories from fat 54%
|----------|-----|---------------------
| % Daily Value |
| Total Fat | 6g | 10% |
| Saturated Fat | 1g | 5% |
| Cholesterol | 59mg | 20% |
| Sodium | 379mg | 16% |
| Carbohydrate | 6g | 2% |
| Dietary Fiber | 2g | 8% |
| Protein | 24g | 48% |

Vitamin A: 246% Vitamin C: 21% Folacin: 17%
Calcium: 6% Iron: 11% Potassium: 19%

Source: Reynolds Kitchens via http://www.alaskaseafood.org
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