

Garlic Salmon With Wild Rice and Pea Pods

Makes 4 servings

Ingredients

- ¾ cup low sodium vegetable broth
- 1 ½ tablespoon red wine vinegar
- 2 teaspoons molasses
- 4 garlic cloves, minced
- ¼ teaspoon freshly ground black pepper
- 2 teaspoons freshly grated ginger root
- 2 tablespoon extra-virgin olive oil
- 4 4-ounce salmon fillets
- 3 cups water
- 1 pound fresh snow peas
- 1 cup wild rice

Directions

1. In a medium bowl with a lid add the broth, vinegar, molasses, garlic, black pepper and ginger. Place salmon fillets in bowl and cover. Marinate salmon for 15 minutes.
2. In the mean time, add 3 cups of water to a large pot. Bring to a boil. Add the peas and cook for 3 to 5 minutes. Remove with a slotted spoon into a colander and cool.
3. In the same pot of water that you cooked the peas, add wild rice and return to a boil. Lower heat to a slow simmer. Keep pot covered. Cook for 30 to 45 minutes. When rice is done cooking add the peas and heat through.

(directions continued on back)



MAIN DISH



Directions (continued)

4. Heat a medium skillet over medium high heat. Add oil and heat. Remove salmon from marinade and pat dry with paper towel. Sear about 5 minutes on each side until a golden brown crust forms.
5. Serve 1 salmon fillet with 1 ¾ cup of rice and peas.

♥ = heart smart

⚡ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1 ¾ cup rice and snow peas topped with one salmon fillet (625g)	
Servings Per Container 4	
Amount Per Serving	
Calories 520	Calories from Fat 190
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 110mg	5%
Total Carbohydrate 46g	15%
Dietary Fiber 6g	24%
Sugars 8g	
Protein 34g	
Vitamin A 4%	Vitamin C 50%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe contains: fish
Carb choices per serving: 3