

Cold Asian Noodle Salad with Salmon

(Makes 4 servings)

Salmon is known as being an excellent source of omega-3 fatty acids, but what most don't know is that it also contains greater than 100 percent of recommended daily allowance for vitamin D. Vitamin D deficiency is becoming more and more common, therefore increase your weekly consumption of salmon to help meet both your vitamin D and omega-3 fatty acid needs. The sauce is packed with antioxidant power thanks to the ginger, which has anti-inflammatory benefits, and garlic, that contains polysulfides which aids in expanding blood vessels and controlling blood pressure. Lastly, sesame seeds are loaded with a variety of minerals, including copper, manganese, calcium, magnesium, iron, phosphorus and selenium. Enjoy!



Ingredients:

- 1 pound boneless, skinless wild salmon fillet
- Juice of 1 lemon
- 8 ounces whole wheat fettuccine
- 1 English cucumber, halved lengthwise and sliced very thin
- 2 scallions, white parts and 3 inches of green, cut diagonally into ¼ inch slices
- ¼ cup chopped fresh cilantro
- 1 tablespoon toasted sesame seeds

Garlic Sauce

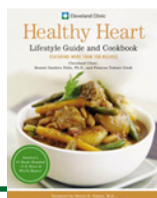
- 2 teaspoons reduced-sodium soy sauce
- 3 tablespoons rice wine vinegar or dry sherry
- 1-inch piece fresh ginger, peeled and grated
- 1/8 teaspoon sugar substitute
- 1- 2 tablespoons chili sauce
- 1- 2 tablespoons garlic sauce

Directions:

- 1) In a small bowl, combine soy sauce, vinegar, ginger, sugar substitute, and chili and garlic sauces to taste. Set aside.
- 2) Place the salmon in a microwave-safe dish. Add ¼ cup water and the lemon juice. Microwave on high for 4-6 minutes. Turn the fish over, cover tightly with plastic wrap, turning one corner back to form a vent. Rotate the fish if you not have a rotating tray. Microwave for another 4 minutes. Test with the sharp point of a knife to see if the fish flakes easily and is opaque. Cook for additional 10-second intervals if needed until cooked through. [Remember that the fish will continue to cook after it is removed from the microwave so don't overcook it. It should be moist!]
- 3) Remove from the poaching liquid when cooked through, flake into bite-size pieces, and refrigerate until ready to assemble the salad.
- 4) Cook the pasta until al dente, according to the package directions. Rinse with cold water, drain well, and place in a large bowl. Toss the pasta with salmon, cucumber, scallions, cilantro and garlic sauce. Garnish with toasted sesame seeds and serve.

Nutritional Analysis: (per serving)

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| ▪ Calories: 410 (20% calories from fat) | ▪ Protein: 32 g | ▪ Sodium: 260 mg |
| ▪ Total Fat: 9 g | ▪ Carbohydrates: 52 g | ▪ Potassium: 900 mg |
| ▪ Saturated Fat: 2 g | ▪ Dietary Fiber: 8 g | ▪ Cholesterol: 60 mg |



Source:

This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books). The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com