Miso Salmon

By: Executive Chef W. David Jones, Food and Nutrition Services Dartmouth-Hitchcock Culinary Medicine Program

Servings: 1 Prep Time: 5 min Cook Time: 30 min

Ingredients:

- 6 ounces Pink Salmon (fish)
- 1 tablespoon Japanese Traditional, Mirin (Rice Cooking Wine)
- 1 tablespoon Kikkoman Lite Soy Sauce
- 1 tablespoon Rice Wine Vinegar
- 1 serving Kikkoman Instant Tofu Miso Soup
- 0.5 teaspoon ginger, ground
- 1 dash black pepper, black
- 1 tablespoon sesame oil

Instructions

• Mix together and marinate salmon for 4 hours. Drain. Then grill (turning once) or bake at 400 degrees until done, about 12-15 minutes.

Nutrition (per serving)

Calories: 456.7, Total Fat: 22.6 g, Cholesterol: 113.9 mg, Sodium: 1,591.5 mg, Total Carbs: 11.7 g, Dietary Fiber: 0.1 g, Protein: 47.5 g

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