

Salmon Teriyaki

Serves 4

¼ cup teriyaki sauce

2 tsp sesame oil

1 Tbsp fresh ginger, chopped

1 clove garlic, minced

1 pound salmon fillet cut into 1½ inch cubes

1 Tbsp vegetable oil

1 8 oz. can water chestnuts

1 bunch bok choy, chopped (may substitute broccoli or snow peas)

1 Tbsp sesame seeds

In a medium bowl, combine teriyaki sauce, sesame oil, ginger and garlic. Add cubed salmon and toss to coat. Let sit for 10 minutes.

Heat oil in a wok or skillet. Add bok choy and water chestnuts; cook for 30 seconds. Add cubed salmon, reserving marinade. Stir fry for 2-3 minutes until salmon is cooked through. Pour remaining marinade down sides of hot wok and heat through until bubbling. Sprinkle with sesame seeds and serve.

Nutrition: 348 calories, 23 gm fat(4 gm saturated fat), 25 gm protein, 9 gm carbohydrates

