

# Miso-Glazed Salmon with Edamame Salad

From Good Housekeeping

Triple-tested at the Good Housekeeping Institute

Spread a mixture of miso, ginger, and cayenne pepper on a large salmon fillet. Enjoy with our healthy soybean salad for a Japanese-inspired meal.

## INGREDIENTS

### Edamame Salad

1 bag(s) (16 ounces)	frozen shelled edamame or frozen baby lima beans (green soybeans)
1/4 cup(s)	seasoned rice vinegar
1 tablespoon(s)	vegetable oil
1 teaspoon(s)	sugar
3/4 teaspoon(s)	salt
1/8 teaspoon(s)	ground black pepper
1 bunch(es) (8 ounces)	radishes (each cut in half and thinly sliced)
1 cup(s)	loosely packed fresh cilantro leaves (chopped)

### Miso-Glazed Salmon

2 tablespoon(s)	red miso
1	green onion (minced)
1 tablespoon(s)	grated, peeled fresh ginger
1 teaspoon(s)	brown sugar
1/8 teaspoon(s)	ground red pepper (cayenne)
1 (1 1/2 pounds)	salmon fillet with skin
—	Baby greens (for garnish)

## DIRECTIONS

- 1) Prepare Edamame Salad: Cook edamame as label directs; drain. Rinse edamame with cold running water to stop cooking, and drain again.
- 2) In medium bowl, whisk vinegar, oil, sugar, salt, and pepper until blended. Add edamame, radishes, and cilantro, and toss until evenly coated. Cover and refrigerate salad up to 1 day if not serving right away. Makes about 4 cups.



Brian Hagiwara

## COOKING INFO

Serves	4
Yield	-
Prep Time	-
Cook Time	12 mins
Total Time	45 mins
Oven Temp	-

## NUTRITIONAL INFORMATION

Calories	280
Total Fat	16
Saturated Fat	3
Cholesterol	80
Sodium	450
Total Carbohydrate	3
Dietary Fiber	0
Sugars	-
Protein	29
Calcium	-

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## DIRECTIONS (cont.)

3) Prepare Miso-Glazed Salmon: In small bowl, with spoon, mix miso, green onion, ginger, sugar, and ground red pepper. Rub miso mixture on flesh side of salmon.

4) Place salmon, skin side down, on hot greased grill rack over medium-low heat. Cook 10 to 12 minutes or just until salmon turns opaque throughout and flakes easily when tested with a fork. Serve salmon with Edamame Salad; garnish with baby greens.

**Each serving salmon:** About 280 calories, 29 g protein, 3 g carbohydrate, 16 g total fat (3 g saturated), 0 g fiber, 80 mg cholesterol, 450 mg sodium.

**Each 1 cup salad:** About 220 calories, 16 g protein, 23 g carbohydrate, 8 g total fat (0 g saturated), 3 g fiber, 0 mg cholesterol, 1,020 mg sodium.