



## Quick Bites — Salmon

Fish is a delicious dinner option, rich in protein, B vitamins and selenium. Salmon is rich in beneficial omega-3 fatty acids, linked to lower rates of heart disease. Emerging evidence from AICR's new report on liver cancer suggests that eating fish may offer protection against this cancer. This recipe calls for a simple garlic-infused marinade, adding cancer-protective phytochemicals quercetin and allixin. Topping the dish with fresh black bean sauce adds fiber and complements the mildly sweet salmon.

### Garlic Salmon with Black Bean Sauce

Makes 4 servings. Per serving: 318 calories, 13 g total fat (2 g saturated fat), 22 g carbohydrate, 31 g protein, 6 g dietary fiber, 250 mg sodium.

#### Ingredients:

4 cloves garlic, minced  
 1 Tbsp. low-sodium soy sauce  
 1 Tbsp. rice vinegar or white wine vinegar  
 2 tsp. canola or extra virgin olive oil  
 1 tsp. unsulphured blackstrap molasses  
 1 lb. salmon fillet, cut into 4 equal slices  
 1 medium orange, peeled, thinly sliced crosswise, optional

#### Black Bean Sauce

1 can (15 oz.) no salt added black beans  
 1 Tbsp. extra virgin olive oil  
 4 cloves garlic, minced  
 1/2 tsp. grated ginger root  
 1 tsp. grated orange rind (save orange for garnish)  
 1 Tbsp. rice vinegar or white wine vinegar  
 1 tsp. low-sodium soy sauce  
 1/8 tsp. crushed red pepper, or to taste  
 Salt and freshly ground black pepper

#### Directions:

1. Prepare Black Bean Sauce (below) and keep warm, covered, on low heat
2. Adjust oven rack on second rung from top, at least 6 inches from broiler. Turn broiler on high
3. In medium bowl, mix together garlic, soy sauce, vinegar, oil and molasses. Stir to combine. Place filets in marinade, turning to coat well.
4. Line rimmed baking sheet with foil. Arrange fillets skin side down and pour marinade on top.
5. Broil salmon until internal temperature is 145 degrees F, about 5-6 minutes.
6. On four dinner plates, divide Black Bean Sauce in center. With back of spoon swirl sauce in oval shape and clear a line in the oval to set the fillet. Carefully slide long spatula between salmon and skin. Gently lift up salmon away from skin and place lengthwise on sauce. Garnish plate with orange slices, if using, and serve.

#### Black Bean Sauce

1. In small bowl, mash beans with liquid and set aside.
2. In small saucepan, heat oil over medium heat. Add garlic and ginger and sauté until garlic starts to turn golden, about 1 minute.
3. Add mashed beans and remaining ingredients. Mix thoroughly and cook, stirring often, until hot, about 2 minutes. Season to taste with salt and pepper. Reduce heat to low, stirring occasionally. Sauce should be slightly chunky and thick. Set aside, covered. If sauce thickens too much before plating, stir in water in 1 tablespoon increments and heat through.



*For more information:*  
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