

MAKE A GREAT PLATE.

Easy and quick dish for when you crave takeout.

Salmon and Broccoli Stir-fry

INGREDIENTS

1 tbsp **olive oil**
1 clove **garlic**, minced
1 tsp fresh minced **ginger**
1 large bunch (about 4 cups)
broccoli, broken into florets

1½ lbs (24 oz.) skinless boneless
salmon fillets, cut into pieces
2 tbsp reduced-sodium
soy sauce
2 tsp toasted **sesame oil**
2 tbsp **rice wine vinegar**



DIRECTIONS

Add olive oil to large pan over medium heat. **Add** garlic and ginger. **Sauté** 1 minute.
Add broccoli and salmon. **Stir-fry** until broccoli is fork tender and salmon is cooked through, about 8-10 minutes. **Meanwhile**, in a small bowl, whisk together soy sauce, sesame oil and vinegar. **Pour** sauce over salmon-broccoli mixture and serve warm.

Makes 4 servings. Each: 320 calories • 37g protein • 17g total fat • 5g carb • 1.5g sugar • 3g fiber • 385mg sodium