

Asian Salmon (serves 2)

FLT (per serving): 1 protein, 2.5 oil, unlimited category 1 vegetables, 1 grain

2 salmon fillets (5-6 oz. each)
1 cup cooked quinoa
2 cups coarsely chopped bok choy
½ cup sliced shiitake mushrooms
2 scallions, chopped
1 tbsp. vegetable oil
1 tsp. grated fresh ginger root
1 garlic clove, pressed
2 tbsp. soy sauce
2 tsp. dark sesame oil

1. Preheat oven to 450°F. Take two 12 x 24 sheets of aluminum foil and fold each sheet over to make a double thick square.
2. Brush a little oil on the centre of each square.
3. Rinse the fish and prepare all of the ingredients.
4. Spread half of the quinoa on the centre of each foil square and then layer the greens, shiitake mushrooms, fish and scallions on top.
5. In a small bowl, combine the vegetable oil, grated ginger, garlic, soy sauce, and sesame oil.
6. Pour half of the sauce over each serving.
7. Fold the foil into airtight packets. Bake for 20 minutes.
8. Carefully avoiding the steam that will be released, open a packet and check that the fish is cooked.
9. To serve, open the foil packets and transfer to a plate or bowl.