Citrus-Honey Salmon

Marinate the salmon in the morning and you will have a quick and delicious meal waiting for you come dinnertime.

- ½ cup orange juice
- ¼ cup reduced-sodium soy sauce
- ¼ cup honey
- 2 T. chopped fresh ginger
- 2 garlic cloves, chopped
- 16 oz. salmon fillet

Combine orange juice, soy sauce, honey, ginger, and garlic in a large zip-top bag. Add salmon, coat well, and marinate 8 hours. Preheat oven 425° F. Remove salmon from bag and discard marinade. Place salmon on a baking dish coated with nonstick cooking spray; bake 15-20 minutes until fish flakes easily with a fork.

Nutrition Information (per ¼ recipe, about 3 oz. cooked): 144 cal, 23 g protein, 4 g fat, <1 g sat. fat, 0 g trans fat, 1 g carb, 0 g fiber, 58 mg chol, 77 mg sodium. 1 serving equals: 1 protein/dairy

Brown Rice

3 cups reduced-sodium chicken broth or water
1-1/4 cups long grain brown rice

In a medium saucepan, bring chicken broth to a boil. Lower to medium heat, add rice, cover, and simmer 30-40 minutes until rice is tender and liquid is absorbed.

Nutrition Information (per ¼ recipe): 220 cal, 6 g protein, 2 g fat, 0 g sat. fat, 0 g trans fat, 45 g carb, 4 g fiber, 0 mg chol, 378 mg sodium. 1 serving equals: 1.5 whole grains

Broccoli and Carrots with Caramelized Onions and Toasted Almonds

3 cups fresh broccoli florets
3 carrots, sliced crosswise on the diagonal into ½” slices
½ cup reduced-sodium chicken broth
½ cup sliced almonds
1 T. extra virgin olive oil
1 small onion, sliced lengthwise and then crosswise into thin strips
1 tsp. sugar, optional
1/8 tsp. salt
Freshly ground black pepper to taste

Place broccoli, carrots, and chicken broth in a large microwave safe bowl, cover with a lid or microwave-safe plastic wrap and cook on high 7 minutes until crisp tender. Meanwhile, place almonds in a large dry sauté pan over medium heat and toast 3-4 minutes until lightly golden and fragrant. Remove almonds from pan; set aside.

Add oil to pan. When warm, add onions and sauté about 3 minutes until they begin to soften. Add sugar to help the caramelization process (optional) and continue to cook 3–5 minutes until lightly golden. Add broccoli, carrots, broth, salt, and pepper; cover and simmer 2-3 minutes until tender. Top with toasted almond slices.

Nutrition Information (per ¼ recipe, about 1 heaping cup) 111 cal, 4 g protein, 7 g fat, <1 g sat. fat, 0 g trans fat, 10 g carb, 4 g fiber, 0 mg chol, 176 mg sodium. 1 serving equals: 2 vegetables, 1 fat

Total Meal Nutrition Information (per ¼ of each recipe): 475 cal, 33 g protein, 13g fat, 1 g sat. fat, 0 g trans fat, 56 g carb, 8 g fiber, 58 mg chol, 631 mg sodium. 1 serving equals: 2 vegetables, 1.5 whole grains, 1 protein/dairy, 1.5 fat
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Shopping List

Produce Section
- 3 cups fresh broccoli florets
- 3 carrots
- 1 small onion
- 2 T. chopped fresh ginger (see tip #1)
- 2 garlic cloves, chopped
- ½ cup orange juice

Dry Goods Section
- 1-1/4 cups long grain brown rice
- 3-½ cups reduced-sodium chicken broth or water (see tip #2)
- ½ cup reduced-sodium soy sauce
- ½ cup honey
- ½ cup sliced almonds
- 1 T. extra virgin olive oil
- 1 tsp. sugar, optional

Seafood Section
- 16 oz. salmon fillet (see tip #3)

Smart Shopper Tip #1:
If you don’t have fresh ginger root and garlic on hand, feel free to substitute ground ginger and garlic powder from your spice rack.

Smart Shopper Tip #2:
If you are following a low-sodium diet, look for low-sodium chicken broth or use water to prepare the brown rice. You will reduce the sodium in this dish significantly.

Smart Shopper Tip #3:
Salmon (chinook/king, chum, coho, pink, or sockeye) is a great source of heart-healthy omega-3 fats. The omega-3 fats EPA and DHA may help lower triglycerides, blood pressure, inflammation, blood clotting, and cardiac arrhythmias. Because of these benefits, the American Heart Association recommends eating fatty fish, such as salmon, two times per week.

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