Salmon season calls for new recipes

By: Dr. Alyssa Musgrove

Many of us don’t get enough fish in our diet. The average American eats about four ounces a week, which is half of what’s recommended for most adults. Being from Alaska, wild-caught sockeye salmon is one of my favorite fish to eat. It’s loaded with nutrients that are hard to come by elsewhere. Peak season for sockeye salmon generally runs mid-June through July. So now is the perfect time of year to sample a few of these easy, flavorful recipes.

**Honey-Ginger Cedar Plank Salmon**

**Ingredients**

1 lb. lemon, plus slices for garnish

2 tsp. grated peeled fresh ginger

1 large piece skin-on wild Alaskan salmon (about 2 lbs.)

3 tbsp. soy sauce

2 tbsp. honey

1 tbsp. Sriracha hot sauce

1 clove garlic, crushed with press

4 c. packed arugula, plus more for garnish

4 miniature seedless cucumbers, thinly sliced

1/2 c. loosely packed cilantro leaves

**Directions**

1. If using cedar grilling plank, soak it (about 15-inches-by-7-inches) in water 1 to 2 hours. Heat grill on medium.
2. From lemon, grate 1 teaspoon zest and squeeze 1/4 cup juice; set juice aside. Combine zest with ginger and 1/2 teaspoon coarsely ground black pepper; rub all over flesh side of salmon.
3. Place salmon on soaked plank skin side down; sprinkle with 1/2 teaspoon salt. Grill 20 to 25 minutes, covered, or until desired doneness.
4. Meanwhile, in medium bowl, whisk soy sauce, honey and Sriracha; set aside half. To remaining soy mixture, add garlic, reserved lemon juice and 1/4 teaspoon salt; toss with arugula, cucumbers, corn and cilantro. Brush salmon with reserved soy mixture. Garnish with arugula and lemon slices. Serve with cucumber salad.

**Grilled Salmon with Peaches**

**Ingredients**

1 c. quinoa

2 c. ripe peaches

1/4 c. finely chopped red onion

1/4 c. packed fresh mint leaves

1 tbsp. sherry vinegar

1/4 tsp. cayenne (ground red pepper)

4 pieces salmon fillet

2 c. sugar snap peas

**Directions**

1. Prepare outdoor grill for covered direct grilling on medium.
2. Prepare quinoa as label directs.
3. Meanwhile, in medium bowl, combine peaches, onion, mint, vinegar, 1/8 teaspoon cayenne, and 1/8 teaspoon salt.
4. Season flesh side of salmon with remaining 1/8 teaspoon cayenne and 1/8 teaspoon salt. Place on grill, skin side down. Cover and cook 5 minutes. Carefully turn and cook 4 to 6 minutes longer or until salmon is just opaque in center. Transfer to plate; cool slightly. Carefully peel off skin; discard.
5. Stir snap peas into quinoa. Cover and cook 2 minutes longer. Divide quinoa and snap peas among serving plates. Top with salmon and peach mixture. Garnish with mint.

**Spicy Grilled Salmon  
  
Ingredients**

4 fillets salmon (6 oz. each)

4 tbsp. hoisin sauce

1/2 tsp. crushed red pepper, divided

1 1/2 lb. cauliflower florets

1 tbsp. oil

1/4 tsp. salt

1/4 c. Chopped cashews

Chopped cilantro

**Directions**

1. Place salmon in centers of 4 foil or parchment paper sheets. Brush each with 1 tablespoon hoisin sauce; sprinkle each with 1/8 teaspoon crushed red pepper.
2. Toss cauliflower with oil and salt. Arrange around each fillet. Seal packets; cook 15 minutes or until cauliflower is tender. Garnish with cashews and cilantro.

**Lemony Salmon Piccata  
  
Ingredients**

4 (6-oz) skinless salmon fillets

1/2 tsp. salt

1/2 tsp. pepper

3 tbsp. flour

2 tbsp. olive oil

3 garlic cloves, minced

1/4 c. dry white wine, such as sauvignon blanc

1/4 c. lemon juice (from about 2 lemons), plus lemon slices for garnish

2 tbsp. rinsed and drained capers

2 tbsp. Chopped parsley

2 tsp. butter

**Directions**

1. Season salmon with salt and pepper; dredge in flour in a shallow bowl, shaking off excess.
2. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Cook fillets, turning once, until golden, about 2 minutes. Reduce heat to medium, and add garlic; continue to cook, 1 minute. Add wine, lemon juice, capers and parsley; simmer over medium-low heat until fish is just cooked through, 5 to 6 minutes. Remove pan from heat. Add butter; stir until melted, about 30 seconds.
3. Garnish with lemon slices; top with sauce before serving.

**Almond Crusted Creole Salmon**

**Ingredients:**

1 lb. green beans, trimmed

1 tbsp. olive oil

1/4 tsp. salt

1/4 tsp. pepper

1/3 c. nonfat Greek yogurt

2 tsp. Creole seasoning

1 tsp. grated lemon peel

1/4 c. almonds, coarsely chopped (swap finely chopped pecans or pistachios for almonds, if desired)

4 skinless salmon fillets (6 oz each)

**Directions**

1. Preheat oven to 450 F.
2. Line large rimmed baking sheet with foil.
3. In large bowl, toss green beans, olive oil, salt, and pepper. Arrange on pan and bake 10 minutes.
4. In bowl, stir together yogurt, Creole seasoning, and grated lemon peel. Spread onto 4 salmon fillets; top with almonds.
5. Push beans to one side of pan; place salmon on other side. Spray salmon with cooking spray. Bake 12 minutes or until salmon is cooked through and beans are tender.