WASABI SALMON

Serves: 4 (1 serving)

INGREDIENTS:

2 tbsp.  low-sodium soy sauce
1 tsp.  wasabi powder (dried Japanese horseradish)
1 tsp.  bottled minced fresh ginger
1/2 tsp.  dark sesame oil
4 (6 ounces)  skinless salmon fillets (about 1-inch thick)

cooking spray

INSTRUCTIONS:

1. Combine soy sauce, wasabi, ginger, and sesame oil in a large zip-top plastic bag; add fish.
2. Seal and marinate at room temperature 5 minutes, turning bag occasionally to coat.
3. Remove fish from the bag, reserving marinade.
4. While fish marinates, heat a large nonstick skillet coated with cooking spray over medium-high heat. Add fish and marinade; cook 3 minutes. Turn fish over. Reduce heat to medium; cook 8 minutes or until fish is done.