

## WASABI SALMON

Serves: 4 (1 serving)

### INGREDIENTS:

- 2 tbsps. 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.