

From Lisa's Kitchen: Salmon with Orange Sauce

Salmon is loaded with omega-3 fatty acids, which can help prevent blood clots and irregular heart beats. Olive oil is high in monounsaturated fat, which can help lower cholesterol. Oranges and orange juice contain potassium, a nutrient responsible for making sure our muscles (including our hearts) contract properly. This recipe is easily multiplied.

Salmon with Orange Sauce

Serves 2

2 5-ounce wild salmon fillets	¼ cup freshly squeezed orange juice
freshly ground pepper	1½ tablespoons reduced-sodium soy sauce
2 teaspoons extra virgin olive oil	1 orange, peeled, seeded and white pith removed; sliced into rounds
½ medium red onion, thinly sliced	

Preheat oven to 425°. Place salmon on a cookie sheet, season with ground pepper. Roast until just cooked through, about 8 - 10 minutes depending upon thickness of fillets.

Meanwhile, heat the olive oil in a non-stick sauté pan over medium heat. Sauté the onion slices until tender, stirring often, about 3 - 5 minutes. Add orange juice and soy sauce; simmer for 2 - 3 minutes until slightly thickened. Add oranges and gently toss to coat with sauce. Serve sauce over salmon.