



Teriyaki Salmon with Green Beans

Servings

4

Calories

200

Prep Time

10 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

- 1 pound salmon fillet, skin on
- 2 tablespoons teriyaki marinade sauce, store bought
- 1 teaspoon minced ginger
- ½ teaspoon salt, divided
- ⅓ teaspoon black pepper
- 1 lemon, sliced
- 1 (12 ounce) bag Mann's Green Beans
- ½ tablespoon sesame oil
- 1 teaspoon sesame seeds



The Method

For optimum flavor, place salmon, teriyaki sauce, and ginger in a re-sealable zipper plastic bag overnight to marinate. This step is optional.

Preheat oven to 350°F.

If you have not marinated your salmon overnight, rub the flesh with teriyaki sauce and ginger, then place fillet skin side down on a lined baking sheet. Sprinkle with ¼ teaspoon salt, pepper, and lay lemon slices over the top. Then, set aside.

In a mixing bowl, toss green beans with sesame oil, remaining salt, and sesame seeds. Add green beans to baking sheet surrounding the salmon. Bake on the center rack for 20 minutes or until salmon pulls apart easily with a fork.

Nutrition Facts

Serving Size 226g | Servings: 4

Amount Per Serving

Calories 200 | Total Fat 7g (sat fat 1.5g trans 0g) | Cholesterol 50mg | Sodium 690mg | Total Carbohydrate 8g | Dietary Fiber 2g | Sugars 4g (Includes 0g Added Sugars) | Protein 25g | Vitamin D 60% | Calcium 4% | Iron 6% | Potassium 15%

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