

Taste of Home



Ginger Salmon with Green Beans

🕒 Total Time Prep/Total Time: 30 Min.

Yield 2 Servings



✅ Test Kitchen Approved

I developed this flavor-packed dinner for a busy friend who wants to eat clean. —

Nicole Stevens, Austin, Texas

Ingredients

- 1/4 cup lemon juice
- 2 tablespoons rice vinegar
- 3 garlic cloves, minced
- 2 teaspoons minced fresh gingerroot
- 2 teaspoons honey
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 salmon fillets (4 ounces each)
- 1 medium lemon, thinly sliced
- **GREEN BEANS:**
- 3/4 pound fresh green beans, trimmed

- 2 tablespoons water
- 2 teaspoons olive oil
- 1/2 cup finely chopped onion
- 3 garlic cloves, minced
- 1/8 teaspoon salt

Directions

- 1** Preheat oven to 325°. Mix first 7 ingredients.
- 2** Place each salmon fillet on an 18x12-in. piece of heavy-duty foil; fold up edges of foil to create a rim around the fish. Spoon lemon juice mixture over salmon; top with lemon slices. Carefully fold foil around fish, sealing tightly.
- 3** Place packets in a 15x10x1-in. pan. Bake until fish just begins to flake easily with a fork, 15-20 minutes. Open foil carefully to allow steam to escape.
- 4** Meanwhile, place green beans, water and oil in a large skillet; bring to a boil. Reduce heat; simmer, covered, 5 minutes. Stir in remaining ingredients; cook, uncovered, until beans are crisp-tender, stirring occasionally. Serve with salmon.

Nutrition Facts

1 serving: 357 calories, 15g fat (3g saturated fat), 57mg cholesterol, 607mg sodium, 35g carbohydrate (18g sugars, 8g fiber), 24g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1 vegetable, 1 fat.

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RECIPE CREATOR

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