

# Pan-Asian Salmon with Caramelized Bok Choy



- 1/4 cups water
- 1 cup low-sodium chicken stock
- 3/4 cup lentils
- 2 garlic cloves, crushed
  
- 1 Tablespoon olive oil
- 8 large shiitake mushrooms, 1/4-inch slices, about 1/4 pound or 32 slices dried shiitakes, reconstituted
- 6 baby bok choy bulbs, cut in half lengthwise, about 1/2 pound
- 1 Tablespoon low-sodium chicken stock
  
- 1 pound salmon fillet, skinned and cut into 4 equal portions
- 2 Tablespoons low-sodium soy sauce
- 1 teaspoon brown sugar
- 1 teaspoon honey
- 1/4 teaspoon each, ground ginger and ground mustard

**Lentils:** Pour water and stock in pot and bring to a boil. Add lentils and garlic, cover pot and reduce to simmer for 15-20 minutes, or until lentils are just tender.

**Bok choy and mushrooms:** Meanwhile, heat oil at medium in large skillet. Sauté mushroom slices until slightly browned both sides. Add chicken stock and remove from heat. Continue stirring until stock is fully absorbed and place aside. Return skillet to medium-high heat. When hot, add baby bok choy, cut side down. Cook until slightly brown but not charred. Leaves will get darker than bulb, which becomes golden brown.

**Salmon:** Combine marinade ingredients and brush on salmon top and bottom sides. Place salmon on foil then cook under hot broiler for 4 minutes.

Serve lentils and 3 bok choy halves and 8 shiitake slices per serving. Place salmon on top. Spoon liquid left in foil on top.

Serves 4

## SEASONED COOK

If baby bok choy or shiitakes are not available, substitute pea pods and crimini mushrooms, and simply sauté them.

Per serving:  
392 calories,  
42g protein,  
33g carbohydrate  
(12g fiber), 12g fat  
(2g sat, 10g mono/poly),  
363mg sodium