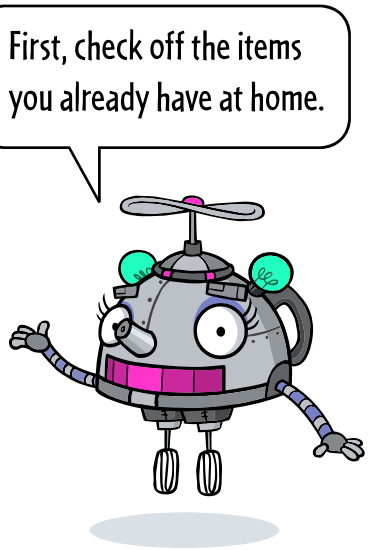
SHOPPING LIST

Teriyaki Salmon

- ◯ Soy Sauce
- ◯ Rice Wine Vinegar
- ◯ Toasted Sesame Oil
- ◯ Fresh Ginger
- ◯ Minced Garlic
- ◯ Salmon Filets
- ◯ Scallions
- ◯ Toasted Sesame Seeds



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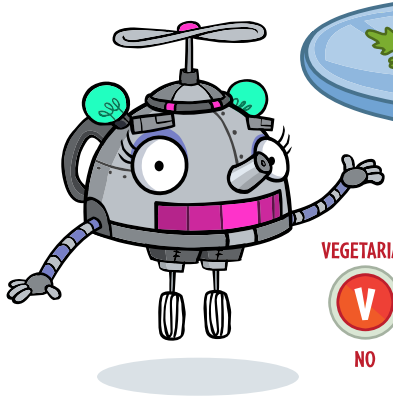
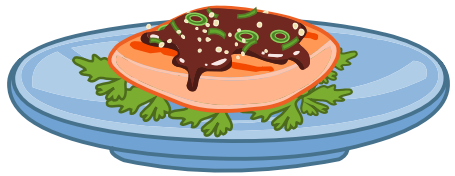
DINNER

PBS KIDS GO!

FIZZY'S LUNCH LAB

Teriyaki Salmon





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
NO	More than 1 hour	Hard	

YOU WILL NEED

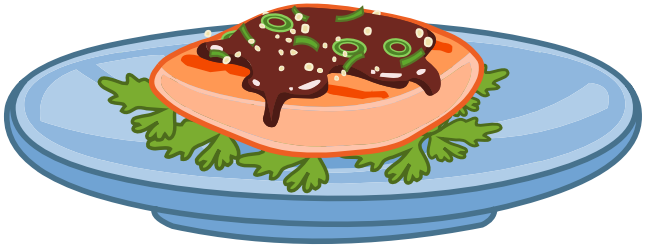
- **3 tablespoons** low sodium soy sauce
- **1 tablespoon** rice wine vinegar
- **1 tablespoon** water
- **1 teaspoon** toasted sesame oil
- **1 teaspoon** minced fresh ginger
- **1 teaspoon** minced garlic
- **1 ¼ pounds** salmon filets
- **3** scallions, chopped
- **1 tablespoon** toasted sesame seeds

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Combine the soy sauce, vinegar, water, sesame oil, ginger, and garlic in a shallow dish just large enough to hold the salmon and mix well. Add the salmon, cover with plastic wrap, and refrigerate for one hour, turning once.

STEP 2: Remove the salmon from the marinade and brush off as much marinade as possible. Heat a large nonstick skillet over medium-high heat. When the pan is hot, add the salmon skin-side up. Cook until the bottom has darkened and the sides become opaque, 3 to 5 minutes. Flip, and cook until the bottom has darkened and the fish is just cooked through, 3 to 5 minutes longer. Transfer the fish to a platter and top with the scallions and sesame seeds.



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Nutrition Facts

Serving Size (185g)
Servings Per Container 4

Amount Per Serving	
Calories 300	Calories from Fat 160
	% Daily Value*
Total Fat 18g	28%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 380mg	16%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 30g	

Vitamin A 6% • Vitamin C 15%
Calcium 4% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4