

# Salmon with Ginger-Lime Sauce over Sweet Potato Pasta

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## **Ingredients:**

- 1 1/2 pounds salmon filet, cut in 4 pieces
- 1-inch piece ginger, peeled and thinly sliced
- 2 limes
- 2 tbl. minced shallot
- 2 tbl. rice vinegar
- 2 tsp. reduced-sodium soy sauce
- 1/8 tsp. celery seed
- 4 T. Smart Balance® Light Butter
- 1 Sweet Potato, cut into fettuccini shapes



## **Directions:**

1. Preheat the oven to 450 degrees F. Place the salmon in the center of a large piece of foil. Lay half the ginger slices on top of the salmon. Cut 2 strips of zest from one of the limes. Set them aside and thinly slice the lime. Place 2 lime slices on top of each piece of salmon. Seal the foil, making a packet, and bake the salmon 15 minutes.
2. Place the remaining ginger, the strips of lime zest, shallots, vinegar, soy sauce and celery seed in a medium saucepan and set it over high heat. When the liquid has boiled down to 2 teaspoons, reduce the heat to low. Whisk the Smart Balance®, 1 tablespoon at a time, into the pan.
3. Slice the second lime. Open the packet with the salmon. Discard the cooked lime and the ginger.
4. Prepare the sweet potato, peel and cut lengthwise into 1/4 slices. Using a peeler, slice multiple thin long strips of sweet potato. The result should look like fettuccini pasta. The other option is to use a “spiralizer” that creates long strips of vegetables. Spiralizers can be purchased on the internet or usually at Asian Gourmet stores. Par boil or steam the pasta strips to al dente. Don’t overcook the sweet potato. There should be a slight crunch to the bite.
5. Set each piece of salmon on top of the pasta. Spoon some of the sauce, with the shallots, over it. Top with 2 fresh slices of lime and serve immediately.

**Serves: 6. Nutrition Info:** Calories: 288, Total Fat: 18 g, Saturated Fat: 3 g, Trans Fat: 0 g, Cholesterol: 72 mg, Sodium: 188 mg, Carbohydrate: 10g, Fiber: 1 g, Protein: 23 g  
Diabetic Exchanges: 3 Very Lean Meat, 2 Fat, 1 Starch

