



Richard Romney
BeCoolGrandpa.com

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Inspired by, Food Network

Soy-Maple Salmon with Cauliflower

Serves: 4

Prep time: 30 mins.
Cook time: 30 mins.

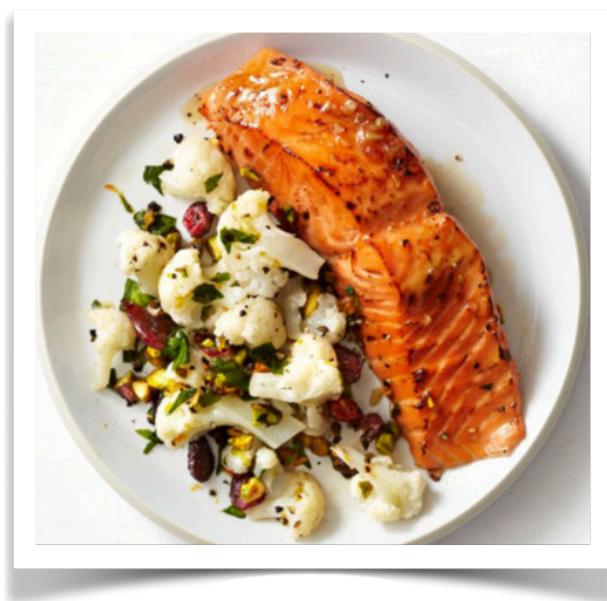
Skill level: easy

Cooking method: oven
and skillet



ingredients:

2 tablespoons low-sodium soy sauce
2 tablespoons maple syrup
1 tablespoon fresh orange juice, plus 1
teaspoon grated orange zest
3 cloves garlic, smashed
4 5-ounce skinless center-cut salmon
fillets (preferably wild)
4 cups cauliflower florets (from 1 small
head)
1/4 cup fat-free low-sodium chicken
broth (or use water)
Cooking spray
Kosher salt and freshly ground pepper
1 tablespoon extra-virgin olive oil
2 tablespoons dried cranberries
2 tablespoons chopped fresh parsley



instructions:

Step 1 - Preheat the oven to 400 degrees F. Mix the soy sauce, maple syrup, orange juice, 2 garlic cloves and 2 tablespoons water in a large bowl; add the salmon and turn to coat. Cover and refrigerate 20 minutes.

Step 2 - Meanwhile, put the cauliflower and broth in a microwave-safe bowl; cover loosely with plastic wrap and microwave until tender, maybe 5 minutes.

Step 3 -Coat a rimmed baking sheet with cooking spray. Drain the fish, season with salt and pepper and place on the prepared baking sheet. Bake until slightly golden around the edges, 8 to 10 minutes.

Step 4 - Meanwhile, heat the olive oil and remaining garlic clove in a large skillet over medium-high heat; cook, breaking up the garlic with a spoon, until softened, about 2 minutes. Add the cauliflower and broth, the cranberries, orange zest, parsley, 1/4 teaspoon salt, and pepper to taste and stir to heat through. Serve with the fish.



grandpa's thoughts:

Okay Grandpa, this entire dish is crazy good! The salmon is flavorful, with just the right amount of sweetness balancing the soy. The cauliflower was absolutely incredible! Don't over cook. Balance it all out with dried cranberries.

Your family will want you to make this monthly.