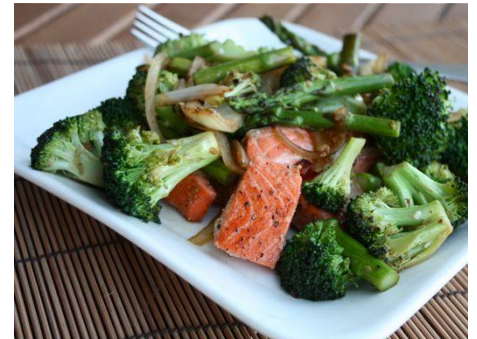


## *Lotta Veggie Salmon Stir-Fry*

### **Ingredients:**

- 1-Pound salmon, cut into strips
- ¼ Cup low sodium soy sauce
- 2 Teaspoons sesame oil
- 1 Teaspoon ground ginger
- 1 Teaspoon garlic powder
- Black pepper to taste
- ¼ Cup broccoli florets
- ¼ Cup carrot, julienned
- ¼ cup onion, julienned
- ¼ cup bamboo shoots, sliced
- ¼ cup baby corn
- ¼ cup pea pods



### **Directions:**

1. Place salmon, soy sauce, sesame oil, ginger, garlic and pepper into a re-sealable plastic bag and allow to marinate for 30 minutes.
2. Heat a large sauté pan over high heat.
3. When pan is hot, add salmon.
4. Sauté salmon for 2 minutes on each side.
5. Add veggies and sauté for 5 minutes or until salmon is done.
6. Serve and enjoy.

### **Nutrition Information:**

Serving size\*: 1

Calories per serving: 170

Total protein per serving: 16g

Servings per recipe: 6

Total fat per serving: 10g

Total carbohydrates per serving: 4g

### **Nutritional Benefits:**

Salmon is a great source of protein and is rich in omega-3 and B-vitamins.

\*Serving size that is suggested for post-operative bariatric patients

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