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Teriyaki-Glazed Salmon with Stir-Fried Vegetables

For salmon:

- 2 Tbsp light teriyaki sauce
- 1/4 Cup mirin (or sweet rice wine)
- 2 Tbsp rice vinegar
- 2 Tbsp scallions (green onions), rinsed and minced
- 1 1/2 Tbsp ginger, minced (or 1 tsp ground)
- 12 Oz salmon fillets, cut into 4 portions (3 oz each)

For vegetables:

- 1 Bag (12 oz) frozen vegetable stir-fry
- 1/2 Tbsp peanut oil or vegetable oil
- 1/2 Tbsp garlic, minced (about 1 clove)
- 1 Tbsp ginger, minced (or 1 tsp ground)
- 1 Tbsp scallions (green onions), rinsed and minced
- 1 Tbsp lite soy sauce

- 1) Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 7.
- 2) Preheat oven to 350 °F.
- 3) Combine teriyaki sauce, mirin, rice vinegar, scallions, and ginger. Mix well. Pour over salmon, and marinate for 10–15 minutes.
- 4) Remove salmon from the marinade, and discard unused portion.
- 5) Place salmon on a baking sheet, and bake for 10–15 minutes or until fish flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 °F).
- 6) Meanwhile, heat oil in a large wok or sauté pan. Add garlic, ginger, and scallions, and cook gently but do not brown, about 30 seconds to 1 minute.
- 7) Add vegetables, and continue to stir fry for 2–3 minutes or until heated through. Add soy sauce.
- 8) Serve one piece of salmon with 1 cup of vegetables.

Makes 4 Servings