

# Pistachio Salmon Nuggets

Publix FamilyStyle Magazine - Summer 2012

**Servings: 4**

**Preparation Time: 20 minutes**

**Marinating time: 30 minutes**

**1 pound (1-inch thick) fresh or frozen skinless salmon fillets**

**2 tablespoons water**

**2 tablespoons reduced-sodium soy sauce**

**1 tablespoon fresh ginger, grated**

**2 teaspoons toasted sesame oil or vegetable oil**

**2 tablespoons pistachio nuts, finely chopped**

**steamed fresh asparagus (optional)**

Thaw the fish, if frozen. Pat the fish dry with paper towels.

Cut the fish into 1-inch chunks. Place the fish into a resealable plastic bag set in a shallow dish.

For the marinade, in a small bowl combine the water, soy sauce, ginger and the sesame or vegetable oil.

Pour the marinade over the salmon chunks in the bag. Seal the bag and turn to coat the salmon. Marinate in the refrigerator for 30 minutes, turning the bag occasionally.

Drain the salmon, discarding the marinade.

In a large nonstick skillet, heat one tablespoon of the vegetable oil over medium-high heat. Add half of the salmon chunks to the skillet. Cook and gently stir for 6 to 8 minutes or until the fish flakes easily with a fork. Remove from the skillet and place on a serving platter. Cook and stir the remaining fish. Remove them and transfer to the serving dish.

Sprinkle with the pistachio nuts.

Serve with steamed asparagus, if desired.

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Per Serving (excluding unknown items): 29 Calories; 2g Fat (57.4% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 301mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.