

Ponzu Grilled Salmon with Golden Beet Couscous

Adapted from: Cooking Light

Prep time: 5-10 minutes

Cook time: 15 minutes

Total time: 20-25 minutes

Serves: 4



Ingredients

For Couscous:

- 1 tsp. EVOO
- 2 tbsp. shallots, thinly sliced and peeled (about 1 large)
- 8 oz. small golden beets, thinly sliced, peeled, and quartered (about 1 ½ cups)
- 1 cup uncooked Israeli couscous
- 2 cups water
- ¼ tsp. salt
- 1 cup raw spinach, trimmed

For Sauce:

- ½ cup fresh orange juice
- 2 tbsp. brown sugar
- 3 tbsp. soy sauce or alternative
- 2 tbsp. fresh lime juice
- ½ tsp. cornstarch
- ⅛ tsp. crushed red pepper
- 4 (6 oz.) salmon filets with skin (about 1-inch thick)
- nonstick spray or EVOO
- lime wedges (optional)

Instructions

1. Preheat grill.
2. To prepare couscous, heat the olive oil in a large nonstick skillet over medium-high heat. Add shallots and beets; sauté 5 minutes or until shallots are tender and just beginning to brown. Stir in couscous; cook 1 minute, stirring frequently. Add water and salt; cover and

simmer 8 minutes or until couscous is tender. Remove from heat; stir in spinach. Toss gently until combined and spinach wilts. Keep warm.

3. To prepare sauce, combine orange juice and next 6 ingredients (through red pepper) in a small saucepan, stirring well with a whisk; bring to a boil over medium-high heat. Cook for 1 minute.
4. To prepare fish, brush cut sides of fillets with 1/4 cup sauce; place, skin sides up, on grill rack coated with cooking spray. Grill salmon, skin sides up, 2 minutes. Turn salmon fillets; brush with remaining 1/4 cup sauce. Grill 3 minutes or until fish flakes easily when tested with a fork or desired degree of doneness. Serve with couscous and lime wedges, if desired.

Notes: Wild Alaskan salmon is in season this time of year, and you can find it in supermarkets and fish markets across the country. Its rich flavor is worth paying a bit more. The ponzu sauce may be made up to a day ahead and refrigerated. Golden beets add sweetness and beautiful color, but don't stain like red beets. Israeli couscous has lovely pearl-like grains that are much larger than regular couscous. Use regular couscous if you can't find Israeli.