

Creamy Mushroom Alaska Salmon Bake

Serves: 4

Prep Time: 15

Ingredients:

1 can (10.75 oz.) condensed cream of mushroom soup
1/2 cup skim milk
1 teaspoon dried chopped onion
1/4 teaspoon each tarragon and garlic powder
4 Alaska Salmon steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen
1 bag (1 lb.) frozen chopped broccoli
4 pieces parchment paper or aluminum foil (12 x 14-inches each)

Directions:

Blend soup, milk, onion, tarragon, and garlic powder in small bowl; set aside.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel.

Place about 1 cup of broccoli in the center of each piece of parchment paper; top with salmon portion and about 1/2 cup of soup mixture. Pull shortest sides of parchment paper together, folding over several times to seal; twist ends to completely close package.

Microwave on medium power, rearranging packages during cooking if needed, for 10 to 15 minutes for frozen salmon OR 8 to 10 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Oven Variation: Seal broccoli, salmon, and soup mixture in aluminum foil packets as directed above. Bake at 400°F for 30 to 35 minutes for frozen salmon OR 20 to 25 minutes for fresh/thawed fish.

Nutrients per serving: 325 calories, 13g total fat, 3g saturated fat, 35% calories from fat, 127mg cholesterol, 40g protein, 13g carbohydrate, 4g fiber, 656mg sodium, 135mg calcium and 1.3g omega-3 fatty acids.

