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Ginger soy sauce marinade

Home Recipes Ingredients fish and seafood served salmon with asparagus, this salmon ginger soy is my favorite dish to prepare Friday evening. It is light in calories and delicious, too. ^À Agnes Ward, Stratford, Ontario2 spoons for all uses Flour1 spoon Cornstarch4 Salmon fillets (4 ounces each) 1 tablespoon canola oil1 / 3 cup of sherry or unsweetened apple juice2 green onions, chopped1 / 4 chopped cup Spoons Gingerroot3 fresh Reduced soy soy content Sauce2 spoons Honey1 Balsamic spoon Vinegar1 / 2 Teaspoon of garlic Powderin A shallow bowl, join flour and maizena. Threads to pass them in the mix flour. In a large non-stick pan, cook salmon in oil over medium-high heat for 4-6 minutes to side or up to fish flakes easily with a fork. Remove and keep warm. Add the sherry, stirring to dissolve the bits browned by the pan. Mix the remaining ingredients; Cook, stirring from time to time, for 2 minutes to allow flavor. Serve with salmon. 1 fitting with 2 tablespoons sauce: 319 calories, 16g fat (3g saturated fats), cholesterol 67mg, 526mg of sodium, 15 g of carbohydrates (sugars 10g, 0 fibers), protein à €

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