



## *Dr. Sinatra's* **THOUGHTFUL ASIAN SALMON SALAD**

I love to marinate my fish before cooking. It imparts extra layers of flavor. Salmon is a hearty fish that can be served warm, cold or at room temperature. This is a quick, easy recipe that's perfect for picnics, bag lunches or as a quick bite tucked into a whole-wheat pita pocket.

*\*Choose organic produce whenever possible\**

### Marinade

- 1 tablespoon light [olive oil](#)
- ¼ cup dry white wine
- 4 basil leaves

### Salmon

- Four 4-ounce wild Pacific [salmon](#) filets
- 1 tablespoon sesame seeds

### Salad and Dressing

- 2 Tablespoons sesame oil
- ½ cup finely chopped dried cranberries
- 1 cup finely chopped shallots
- 1 tablespoon white wine vinegar
- 6 heaping cups fresh [spinach](#)

In a large bowl, combine the olive oil, wine, basil and 1 cup of water. Add the salmon fillets and make sure they are completely covered with liquid. Cover the bowl with plastic wrap and refrigerate overnight. Place an oven rack on the middle shelf of the oven and preheat to 350° F. Remove salmon from the marinade, shake off any excess liquid and place on a baking sheet. Bake the fish for 10 minutes, or until the flesh is opaque and flakes easily. Set aside to cool briefly. Discard any remaining marinade. In a medium bowl, combine the sesame oil, cranberries, shallots, vinegar and 1 tablespoon of water, and whisk until well combined. Add the spinach and toss to coat. To serve, divide the salad among four dishes, top with the salmon and sprinkle with sesame seeds. Serves 4

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