

Teriyaki Salmon with Steamed Broccoli

Ingredients

- 2 salmon fillets
- 3 tablespoons low-sodium teriyaki sauce
- 1 teaspoon sesame oil
- 2 cups broccoli florets
- 1 teaspoon grated ginger
- Optional sesame seeds for topping

Instructions

1. Marinate salmon in teriyaki sauce and sesame oil for 15–20 minutes.

2. Steam broccoli until tender but bright green, about 5 minutes.
3. Grill or bake salmon at 400°F (200°C) for 12–15 minutes.
4. Serve salmon over steamed broccoli and sprinkle with sesame seeds.

Health Benefits

Teriyaki salmon supports cardiovascular and joint health, while broccoli offers detoxifying compounds, vitamin C, and fiber.