



from the Glad

# make-ahead meals

recipe series



soy-steamed vegetables  
with salmon medallions

**recipe shopping list**

**produce**

- fresh ginger
- shiitake or button mushrooms
- scallions
- bell pepper
- snow peas
- asparagus
- bok choy

**pantry items**

- low-sodium soy sauce
- sesame oil
- black pepper
- soba noodles

**seafood**

- skinless salmon fillets

**preparation**

- GLAD® SimplyCooking™ Microwave Steaming Bags

**storage**

- GladWare® Containers



[www.GLAD.com](http://www.GLAD.com)

This simple recipe is light, tasty and ready in a snap. Vegetables and salmon steam beautifully together with GLAD SimplyCooking™ Microwave Steaming Bags. You can have a healthy, delicious meal in minutes without the hassle of pots and pans. Simply fill the bag with ingredients, season if desired, cook and serve.

## **GLAD**® make-ahead meals series #30

### **Soy-Steamed Vegetables with Salmon Medallions**

Serves 1

- |  |   |
|--|---|
| 6 ounces skinless salmon fillet,<br>cut into 6 to 8 medallions | 1 scallion, thinly sliced                               |
| 1 teaspoon grated fresh ginger                                 | ¼ red, yellow or orange bell<br>pepper, julienned       |
| 1 tablespoon low-sodium soy sauce                              | 1 ounce snow peas                                       |
| ½ teaspoon sesame oil  | 6 asparagus spears (¼ bunch),<br>cut into 1-inch pieces |
| freshly ground black pepper                                    | ½ cup bok choy leaves, chopped                          |
| 3 medium fresh shiitake or<br>button mushrooms                 | cooked soba noodles                                     |

**1.** Prepare scallions, bell pepper, snow peas, asparagus and bok choy; set aside or store until ready to use. **2.** Place salmon medallions in a GLAD SimplyCooking™ Microwave Steaming Bag, coat with the ginger, soy sauce and sesame oil, and sprinkle with black pepper. Marinate in the refrigerator, if desired. **3.** Remove stems from mushrooms, and slice caps thinly. Place cut vegetables in bag. **4.** Microwave bag on high for 2 minutes.\* **5.** Let bag sit 30 seconds before opening, and serve with cooked soba noodles. **6.** For two servings, simply double the recipe and prepare another GLAD SimplyCooking™ Microwave Steaming Bag for microwaving after the first one.

\*For medium GLAD SimplyCooking™ Microwave Steaming Bags in 1,000-watt microwave oven (oven power varies; adjust time accordingly).

### **Smart Steaming Tips**

- Steaming locks in nutrients, so take advantage by selecting deeply colored vegetables — they tend to have the most vitamins, minerals and fiber.
- Because steam is hotter than boiling water, food cooks surprisingly fast. Most raw vegetables, for instance, will be crisp and tender in about three minutes when steamed. Also, be sure to cut vegetables around the same size so they cook evenly.
- Add even more flavor to your meal by increasing the amount of fresh ginger or scallions, or by adding garlic or dill. You can also try drizzling white wine, soy sauce or lemon juice on top before cooking.
- Go to [www.GLAD.com/SimplyCooking](http://www.GLAD.com/SimplyCooking) for more steaming recipes.

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Introducing a new way to cook!

Glad presents

# make-ahead meals

simple recipes and timesaving tips



**New! Introducing GLAD® SimplyCooking™ Microwave Steaming Bags.** Steaming is a quick and convenient way to cook healthfully without sacrificing flavor. Vegetables and salmon are ideal for this method of cooking.



### Brighten and Lighten Up

Fresh vegetables retain their rich flavors and colors when steamed, packing a nutrient punch that tastes as good as it looks.

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## Three Simple Steps to a Quick and Delicious Meal

In this recipe, vegetables and salmon cook in minutes with GLAD SimplyCooking™ Microwave Steaming Bags.\* The steam seals in nutrients and enhances natural flavors so that the finished meal emerges delectably moist and ready to eat. Plus, there are no pots and pans to clean up!

### prep now, steam later

Fresh vegetables can be washed, cut and stored in GladWare® Containers. When you're ready to cook, just toss into a GLAD SimplyCooking™ Microwave Steaming Bag.



### a no-mess meal

The stand-up design of GLAD SimplyCooking™ Microwave Steaming Bags makes it easy to season, steam and serve.



### ready to serve in minutes

Simply wait 30 seconds before opening and you have a flawlessly cooked meal: salmon that's tasty, and vegetables that are crisp yet tender.



For this and other tasty recipes and timesaving tips, visit [makeaheadmeals.com](http://makeaheadmeals.com).

Get ahead. Get GLAD.™



\*GLAD SimplyCooking™ Microwave Steaming Bags will be available in stores in July.