

# SOY-MAPLE SALMON WITH CAULIFLOWER AND PISTACHIOS

Preparation: 5 minutes | Cooking: 30 minutes | Servings: 4

## INGREDIENTS

4 five-ounce skinless, center-cut salmon fillets  
3 cloves garlic, smashed  
4 cups cauliflower florets (from 1 small head)  
1/4 cup fat-free, low-sodium chicken broth (or water)  
2 tablespoons chopped pistachios or almonds  
2 tablespoons dried cranberries  
2 tablespoons chopped fresh parsley  
2 tablespoons low-sodium soy sauce  
2 tablespoons maple syrup  
1 tablespoon fresh orange juice  
1 tablespoon extra-virgin olive oil  
1 teaspoon grated orange zest  
Kosher salt and freshly ground pepper  
Cooking spray



## INSTRUCTIONS

Preheat the oven to 400 degrees Fahrenheit. Mix the soy sauce, maple syrup, orange juice, 2 garlic cloves and 2 tablespoons water in a large bowl; add the salmon and turn to coat. Cover and refrigerate 20 minutes. Meanwhile, put the cauliflower and broth in a microwave-safe bowl; cover loosely with plastic wrap and microwave until tender, 6 minutes. Coat a rimmed baking sheet with cooking spray. Drain the fish, season with salt and pepper, and place on the prepared baking sheet. Bake until slightly golden around the edges, 8 to 10 minutes. Meanwhile, heat the olive oil and remaining garlic clove in a large skillet over medium-high heat; cook, breaking up the garlic with a spoon, until softened, about 2 minutes. Add the cauliflower and broth, cranberries, pistachios, orange zest, parsley, 1/4 teaspoon salt, and pepper to taste, and stir to heat through. Serve with the fish.