



Recipe from the Cheyenne Botanic Gardens

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Microwave Salmon and Swiss Chard

(Serves 2) From Horticulturist, Sue Whetten

½ Bunch Swiss chard
2 Pieces of salmon filet, each about ½" wide
1TBSP low-sodium soy sauce
1 TBSP black bean paste

Wash Swiss chard (leaving leaves damp) and tear the leaves into bite size pieces. Cut stalks into 1/2" lengths. Place both in a microwave safe cooking dish. Lay salmon, skin side down, on top of the Swiss chard. Mix low-sodium soy sauce and black bean paste together, and then pour mixture over the salmon allowing some sauce to fall on top of the Swiss chard.

Cover with plastic wrap, or a lid, and cook on high in the microwave for 7 minutes. Let cool one minute, then serve.

Note: Feel free to substitute any favorite sauce for the mixture of low-sodium soy sauce and the black bean paste.