

Ancho-Glazed Salmon With Broiled Sweet Potato Fries

Makes: 4 servings
Start to finish: 20 minutes

- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground ancho chile pepper or chile powder
- 2 medium sweet potatoes, scrubbed
- Nonstick olive-oil cooking spray
- 4 skinless salmon fillets (5–6 ounces each)
- 1 tablespoon olive oil
- 2 tablespoons fresh cilantro sprigs

1. Preheat broiler. In a small bowl, combine sugar, salt, cumin and chile powder. Cut sweet potatoes into ¼-inch-thick slices and place on the greased rack of a broiler pan. Coat sweet potatoes with cooking spray and sprinkle with half the spice mixture. Broil 10 minutes, turning once halfway through.

2. Rinse and dry salmon; coat with remaining spice mixture. In a large skillet, cook fish in hot olive oil over medium heat for 4 minutes per side, or until it flakes easily with a fork.

3. Sprinkle sweet potatoes and salmon with cilantro before serving.

Nutrition facts per serving:
363 calories, 29 g protein,
17 g carbohydrate, 19 g fat
(4 g saturated), 2 g fiber

GO FISH Next time you're at the seafood counter, look for the FishWise symbol, which identifies the most sustainable choices (meaning seafood that's good for you and the oceans) based on research by the Monterey Bay Aquarium and the Environmental Defense Fund. Green labels represent healthy fish populations, yellow means there are some environmental concerns, and red labels mean the fish is in trouble. Or send a text message to 30644 with the message FISH and the type of fish you'd like to buy. The Blue Ocean Institute will text you right back with an assessment of your pick and, if needed, offer more sustainable alternatives.

Not sure how to pick the freshest fillet? Here, three easy tips from chef Rick Mocher, owner of Rick Mocher's Inn Seafood in Las Vegas.

Buy fish that's caught locally.

If you live in the Northeast, choose arctic char or striped bass; midwesterners can look for yellow perch and lake trout; on the Pacific coast, go for wild halibut or cod.

A fillet should be almost odorless and have a firm texture—pass if it's mushy.

Also, check the ice underneath a piece of fish. Discoloration from dripping juices means the seafood's been sitting out a long time.

Can't buy fresh? Look for fillets frozen in individual packets. This locks in freshness and prevents freezer burn.

