

Bi-Weekly Recipe

Salmon with Red Cabbage and Red Potatoes

Ingredients

Preparation time: 30 minutes

Servings: 4

4 cups shredded red cabbage
(or one bag of pre-cut)

10 halved small, red potatoes

1½ Tbsp. extra-virgin olive oil

½ tsp. of each coarse salt &
freshly ground pepper

1 lb. skinless salmon fillet

2 Tbsp. grainy mustard

2 Tbsp. horseradish

zest plus juice of 1 lemon

Directions

1. Pre-heat oven to 400 degrees
2. Wash potatoes and cut in halves
3. Shred cabbage by cutting the head of cabbage in half first, then cut in thin slices
4. Toss cabbage and potatoes with olive oil; season with salt and pepper and roast in large baking dish for 25 minutes
5. Combine mustard, horseradish, and lemon zest and spread on top of salmon fillet
6. After first 25 minutes, add salmon fillet to the baking dish and cook for 15 minutes longer
7. Serve with a fresh slice of lemon



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

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Amount	¼ of total
Calories	430
Fat (g)	13
Sat. Fat (g)	2
Carb. (g)	51
Fiber (g)	6
Protein (g)	29
Dairy Free, Gluten Free	

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Cooking Tip

Wild salmon versus fresh salmon? The major differences between the two are: cost, taste, color, and sustainability. Wild salmon is more expensive, tends to have a richer flavor, deeper color, and higher omega-3 content due to its natural diet. Try buying frozen salmon from Costco and defrosting when ready to use.

Performance Facts

One serving of salmon is not only an excellent source of protein but also provides a full day's requirement of vitamin D. Salmon is also high in omega-3 fatty acids, which have anti-inflammatory properties. Red cabbage is high in antioxidants that reduce inflammation and boost brain function.