

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

MISO NOODLE SALMON SOUP

[Wild Alaskan salmon](#), rice noodles and spinach help transform traditional miso soup into a heartier meal. Kombu seaweed enriches the protein-rich miso broth with an abundance of minerals and alginates, and salmon contributes [heart-healthy omega-3 fats](#), astaxanthin and protein. [Spinach](#) brings [phytonutrients](#), vitamins, minerals and fiber to the table, while gluten-free rice noodles add additional substance. Serves 4.

- 2 oz dried kombu [seaweed](#)
- 8 cups filtered water
- $\frac{3}{4}$ to 1 pound wild Alaskan salmon, thinly sliced
- 2 to 3 teaspoons [ginger](#) root, finely chopped
- 2 Tbsp low-sodium soy sauce or tamari
- $\frac{1}{4}$ cup organic white miso
- 4 cups organic baby spinach
- 1 package (7 oz) dried rice noodles
- 2 scallions, finely chopped
- Red pepper flakes (optional)

Cook the rice noodles according to directions until they are al dente and set aside.

Make the broth: Bring water to a boil in a large saucepan. Remove pan from heat and stir in the dried kombu seaweed; let broth sit for 15 minutes, then remove seaweed (or keep in there if you like).

Reheat broth to a simmer over medium-high heat, adding the soy sauce or tamari and ginger. Add the thin slices of salmon, cooking them until they are tender but not flaking apart (about 2 to 3 minutes).

Begin layering each soup bowl with 1 cup spinach. Next, using a slotted spoon, transfer the cooked salmon and about $\frac{3}{4}$ cup noodles to each bowl, leaving plenty of room for nutrient-rich broth.

Keep the saucepan of broth at a near simmer. Spoon miso into a separate bowl, ladle $\frac{3}{4}$ cup broth over it, and whisk until blended. Add the miso mixture to the broth and cook until just blended; do not let broth boil. Ladle miso broth into each bowl, and serve garnished with scallions and (optional) red pepper flakes.