

Broiled Salmon with Orange Honey Dijon Glaze



Ingredients:

- 2 tablespoons of honey
- 2 tablespoons – freshly squeezed orange juice
- 1 clove - garlic, minced
- 2 teaspoons Dijon mustard
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground ginger
- 6 (4-ounce) salmon fillets
- Cooking spray

Preparation:

1. Preheat broiler.
2. Combine first 6 ingredients in a small bowl, stirring well.
3. Place fish on a jelly-roll pan coated with cooking spray.
4. Brush half of orange/honey mixture over fish; broil 6 minutes.
5. Brush fish with remaining orange/honey mixture; broil for 2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutritional Information:

Makes 6 servings Amount per 4 oz. serving

- Calories: 203
- Fat: 7.2 g
- Saturated fat: 1.1g
- Protein: 22.6g