

# VitaMin



Vital health information in a minute

Photo: Jennifer Causey

## HONEY GINGER-GLAZED SALMON

**Yield: Serves 4 (serving size: 1 fillet, ½ cup rice and 2 ¼ teaspoons marinade)**

### Ingredients

- › Cooking spray
- › ½ cup honey
- › ¼ cup lower-sodium soy sauce
- › 1 (1½ inch) piece peeled fresh ginger, thinly sliced
- › 1 garlic clove, grated
- › 4 (6-ounce) salmon fillets
- › 2 cups cooked brown rice

### How to make it

1. Preheat oven to 400°. Line a jellyroll pan with aluminum foil; lightly coat foil with cooking spray.
2. Combine honey and next 3 ingredients in a small saucepan over medium heat; simmer 2 minutes, stirring frequently. Cool marinade to room temperature.
3. Place fillets in an 8-inch square glass or ceramic baking dish. Pour cooled marinade over fillets, turning to thoroughly coat each. Let stand 10 minutes.

4. Transfer fillets to the prepared pan. Strain marinade through a sieve into a small saucepan; discard solids. Bring the marinade to a simmer over medium heat; cook 5 minutes. Reserve 2 tablespoons marinade in a small bowl and 3 tablespoons in a separate small bowl. Discard any remaining marinade.
5. Roast fillets at 400° for 5 minutes; remove pan from oven.
6. Preheat broiler to high.
7. Brush fillets with reserved 2 tablespoons marinade; broil 1 to 2 minutes or until fillets are done and glazed on top. Serve fillets over rice; drizzle with remaining 3 tablespoons marinade.

### Nutritional information

#### Amount per serving

- › Calories: 408
- › Fat: 10.4 g
- › Saturated fat: 2.2 g
- › Monounsaturated fat: 3.5 g
- › Polyunsaturated fat: 3.6 g
- › Protein: 39 g
- › Carbohydrates: 38 g
- › Dietary fiber: 2 g
- › Cholesterol: 90 mg
- › Iron: 1 mg
- › Sodium: 299 mg
- › Calcium: 30 mg
- › Sugars: 15 g
- › Est. added sugars: 15 g

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