



SALMON WITH GINGER-ORANGE GLAZE

Intermediate Lifestyle

Ingredients

3/4 cup orange juice
1 TBS rice vinegar
2 TBS low-sodium soy sauce
1 TBS honey
1 one-inch piece peeled fresh ginger, cut into 8 slices
1/3 cup all-purpose flour
3/4 TSP Morton's Lite low-sodium salt
1/4 TSP pepper
8 6-oz. salmon fillets (about 1 inch thick) skinned
1 TBS olive oil
cooking spray
2 chopped green onions (optional)

Instructions

1. Combine the orange juice and the next 4 ingredients (through ginger slices) in a medium saucepan, and bring the mixture to a boil. Cook 8 minutes or until the glaze is thickened and syrupy. Remove the ginger slices and discard.
2. Meanwhile, combine flour, salt and pepper in a shallow dish. Then dredge salmon in flour mixture.
3. Heat the olive oil in a large non-stick skillet over medium-high heat. Working in batches, sear the salmon for 4 minutes or until deeply golden. Brush both sides of the fish with the warmed glaze. Place the salmon, seared side up, on a baking sheet that's lined with foil and lightly coated with cooking spray.
4. Finish cooking the salmon in a pre-heated 425° oven 4 minutes or until heated through and opaque in the middle. Garnish with green onions.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1 salmon fillet + 2 TBS chopped onions = 1 P, 1 FT