

**WEIGHT ★ NO ★ MORE<sup>SM</sup>**  
**DIET CENTER**

*No one does what we do!*

[weightnomoredietcenter.com](http://weightnomoredietcenter.com)  
WeightNoMoreDC

**APPLE & HORSERADISH-GLAZED SALMON**

Intermediate Lifestyle

**Ingredients**

1/3 cup apple jelly  
1 TBS finely chopped fresh chives  
2 TBS prepared Gold's red or white horseradish  
1 TBS champagne vinegar  
½ TSP kosher salt, divided  
4 (6 oz.) salmon fillets (about 1" thick), skinned  
1/4 TSP freshly ground black pepper  
2 TSP olive oil

**Instructions**

1. Preheat oven to 350°.
2. Combine apple jelly, chives, horseradish, vinegar and 1/4 TSP salt, stirring well with a whisk.
3. Sprinkle salmon with 1/4 TSP salt and pepper.
4. Heat oil in a large nonstick skillet over medium heat. Add salmon and cook 3 minutes. Turn salmon over.
5. Brush with half of apple mixture. Wrap handle of skillet with foil. Bake at 350° for 5 minutes or until fish flakes easily when tested with a fork. Brush with remaining apple mixture.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 1 salmon fillet = 1 PR, 1 FR