



BROILED SALMON w/SWEET-and-SOUR CUCUMBERS

Intermediate Lifestyle

INGREDIENTS - Salmon

2 TBS Dijon mustard
1 TBS brown Splenda
½ TSP Morton's Lite salt
8 (6 oz.) salmon fillets (about 1-inch thick)
cooking spray

INSTRUCTIONS

—Prepare broiler.

—Combine the first 3 ingredients. Brush mustard mixture over fillets. Place fillets, skin sides down, on a broiler rack coated with cooking spray.

—Broil 8 minutes or until fish flakes easily when tested with a fork. Serve fish with Sweet-and-Sour Cucumbers

INGREDIENTS - Cucumbers

4 cups thinly sliced, peeled cucumber (about 3 large cucumbers)
3 TBS Splenda (or other sugar substitute)
½ TSP Morton's Lite salt
1/4 cup cider vinegar
1 TBS chopped fresh or 1 TSP dried dill

INSTRUCTIONS

Place first 3 ingredients in large bowl. Toss gently to coat. Stir in vinegar and dill. Cover, chill 2 hours.

SERVING INFO: (Serves 4) - 1 salmon fillet + 1/3 cup cucumbers = 1 P, 1 V