



## **BROILED SALMON WITH 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**

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

**Portion-Per-Serving Information (Serves 8):** Serving = 1 fillet + 1/3 cup cucumbers = 1 P, 1 V