



**BROWN SUGAR-GRILLED SALMON  
w/ZUCCHINI & FENNEL NOODLES**  
Intermediate Lifestyle

**INGREDIENTS**

Cooking spray	1 small fennel bulb, cored and very thinly sliced
4 (6-ounce) salmon fillets	1 TBS chopped fresh dill
3/4 TSP kosher salt, divided	2 TSP grated orange rind
5/8 TSP freshly ground black pepper, divided	1/4 cup fresh orange juice
3 TBS dark brown sugar (or brown Splenda)	2 TSP fresh lemon juice
1 large zucchini, peeled (about 12 ounces)	

**INSTRUCTIONS**

—Preheat grill to medium-high heat.

—Coat grill rack with cooking spray. Sprinkle fillets with 1/4 TSP salt and 1/4 TSP pepper; rub fillets evenly with brown sugar. Let stand 5 minutes. Arrange fillets, skin side up, on grill; grill 3 minutes on each side.

—Shave zucchini into ribbons using a vegetable peeler. Combine remaining 1/2 TSP salt, remaining 3/8 TSP pepper, zucchini, fennel, dill, orange rind, and juices; toss. Place about 1 cup zucchini mixture in each of 4 bowls; top each serving with 1 fillet.

**SERVING INFO:** (Serves 4)

1 fillet + 1 cup zucchini mixture = 1 P, 2 V