



BROWN SUGAR-GRILLED SALMON

with ZUCCHINI & FENNEL NOODLES

Intermediate Lifestyle

INGREDIENTS

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

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

See photo of recipe on [Instagram](#) and [Facebook](#).