



## **Brown Sugar-Grilled Salmon w/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 cup zucchini mixture + 1 fillet = 1 P, 1 V

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