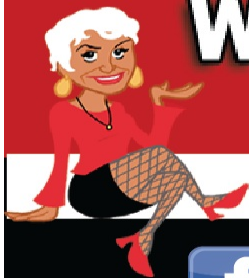


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## GRILLED SALMON WITH MAPLE GLAZE

Intermediate Lifestyle

### Ingredients

#### For the maple glaze:

2 TBS red wine vinegar  
2 TBS Splenda  
½ cup sugar-free (or low-sugar) maple syrup  
1 TBS hot sauce  
1 TBS finely diced onion  
Morton's Lite salt, to taste  
white pepper, to taste

#### For the grilled salmon:

4 salmon fillets, 4 to 6 oz. each  
1 TBS olive oil  
*pinch* of salt, and pepper

### Instructions

#### For the maple glaze:

1. In a small saucepan, heat the vinegar and Splenda over medium heat until the mixture boils and the sugar dissolves. Add the maple syrup, hot sauce and onion, and bring it to a boil. Lower the heat and simmer for 1 minute. Remove from heat.
2. Season with salt and pepper.

#### For the grilled salmon:

1. Preheat the grill to medium-high.
2. Sprinkle the salmon fillets with salt and pepper and drizzle with oil.
3. Place the salmon on the grill and cook for about 5 minutes per side, depending on the thickness of the fillets.
4. Place the salmon on a serving platter and brush it with the maple glaze.

**Portion-Per-Serving Information:** (Yields 4 servings): Serving = 1 salmon fillet = 1 P