



## **SALMON w/GINGER-ORANGE GLAZE**

**Intermediate Lifestyle**

### **INGREDIENTS**

3/4 cup orange juice  
1 TBS rice vinegar  
2 TBS low-sodium soy sauce  
1 TBS honey  
1 one-inch piece peeled fresh ginger, cut into 8 slices  
1/3 cup all-purpose flour  
3/4 TSP Morton's Lite low-sodium salt  
1/4 TSP pepper  
8 6-oz. salmon fillets (about 1 inch thick) skinned  
1 TBS olive oil  
cooking spray  
2 chopped green onions (optional)

### **INSTRUCTIONS**

—Combine the orange juice and the next 4 ingredients (through ginger slices) in a medium saucepan, and bring the mixture to a boil. Cook 8 minutes or until the glaze is thickened and syrupy. Remove the ginger slices and discard.

—Meanwhile, combine flour, salt and pepper in a shallow dish. Then dredge salmon in flour mixture.

—Heat the olive oil in a large non-stick skillet over medium-high heat. Working in batches, sear the salmon for 4 minutes or until deeply golden. Brush both sides of the fish with the warmed glaze. Place the salmon, seared side up, on a baking sheet that's lined with foil and lightly coated with cooking spray.

—Finish cooking the salmon in a pre-heated 425° oven 4 minutes or until heated through and opaque in the middle. Garnish with green onions.

**SERVING INFO:** (Serves 8): 1 salmon fillet + 2 TBS chopped onions = 1 P, 1/2 FT

Recipe photo at [Instagram](#) and [Facebook](#).