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Honey-Soy Broiled Salmon

Ingredients:

- 1 scallion, minced
- 2 Tbsp reduced-sodium soy sauce
- 1 Tbsp rice vinegar
- 1 Tbsp honey
- 1 tsp fresh ginger, minced
- 1 pound center-cut salmon fillet, skinned and cut into 4 portions
- 1 tsp toasted sesame seeds

Preparation:

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.
2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

Makes 4 servings

Per Serving:

Calories: 234

Fat: 13 g

Protein: 23 g

Carbohydrates: 6 g

Cholesterol: 67 mg

Sodium: 335 mg

Source: <http://www.delish.com/recipefinder/honey-soy-broiled-salmon-recipe-5772>