

Broiled Salmon with Marmalade-Dijon Glaze

Although quick enough for a hectic weeknight, this dish will impress guests. Serve with salad and roasted potatoes.

1/2 cup orange marmalade
1 tablespoon Dijon mustard
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon ground ginger
4 (6-ounce) salmon fillets
Cooking spray

Preheat broiler.

Combine first 6 ingredients in a small bowl, stirring well. Place fish on a jelly-roll pan coated with cooking spray. Brush half of marmalade mixture over fish; broil 6 minutes. Brush fish with remaining marmalade mixture; broil for 2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Yield: 4 servings (serving size: 1 fillet)

CALORIES 377(32% from fat); FAT 13.4g (sat 3.1g,mono 5.8g,poly 3.3g); PROTEIN 36.6g; CHOLESTEROL 87mg; CALCIUM 42mg; SODIUM 488mg; FIBER 0.4g; IRON 0.8mg; CARBOHYDRATE 27.3g
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Lee Harrelson