

SWEET 'N' HEAT GLAZED SALMON



INTERMEDIATE DIFFICULTY

65 MINUTES

4 SERVINGS

INSTRUCTIONS

1. Thaw fish, if frozen. For glaze, in a medium saucepan stir together apricot nectar, apricots, honey, soy sauce, ginger, garlic, cinnamon, and cayenne pepper. Bring to boiling; reduce heat. Simmer, uncovered, for about 20 minutes or until the mixture is thickened and reduced by about half, stirring occasionally. Remove 1/4 cup of the glaze for basting; set aside the remaining glaze until ready to serve.
2. Preheat broiler. Rinse fish; pat dry. Place fish on the greased unheated rack of a broiler pan, tucking under any thin edges.
3. Broil about 4 inches from the heat for 8 to 12 minutes or until fish flakes easily when tested with a fork, gently turning once halfway through broiling and brushing occasionally with the reserved 1/4 cup glaze the last 4 minutes of broiling. Serve fish with the remaining glaze.

INGREDIENTS

- One 12 oz fresh or frozen skinless salmon fillet, 1 inch thick
- 1 1/2 cups apricot nectar
- 1/3 cup snipped dried apricots
- 2 tablespoons honey
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, minced
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon cayenne pepper

NUTRITION INFO

- 239 cal.
- 6 g total fat (1 g sat. fat)
- 45 mg chol.
- 350 mg sodium
- 30 g carbo.
- 2 g fiber
- 19 g pro