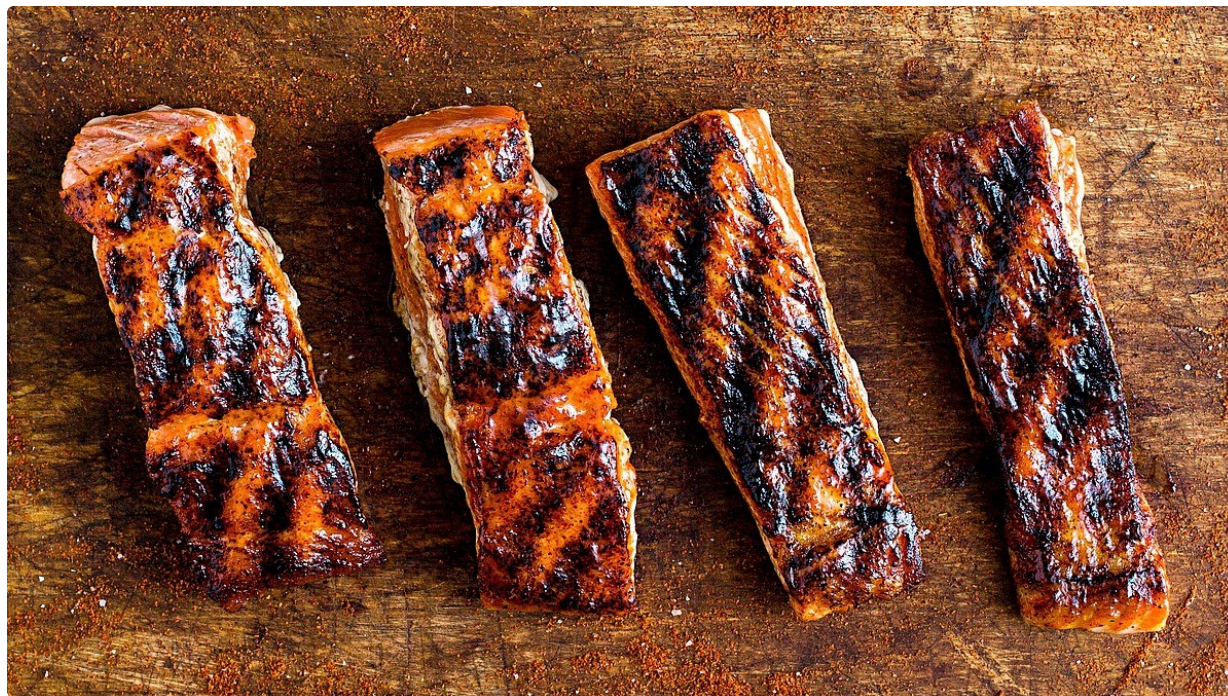


# Apricot-Chile Glazed Salmon

*From EatingWell*



This healthy apricot-chile glazed salmon recipe marries fruit and chiles to make this easy grilled salmon mouthwateringly special. Use jam rather than preserves for a smoother, prettier glaze. Look for New Mexico chili powder in well-stocked supermarkets, or substitute your favorite red chili powder.

## Ingredients

Makes 4 Servings

- 2    tablespoons New Mexico red chili powder**
- 1/2    teaspoon salt**
- 1 1/4-1 1/2    pounds center-cut wild salmon, skinned**
- 3    tablespoons apricot jam**

## Preparation

Active Time 25m Total Time 25m

- 1 Preheat grill to medium-high. (No grill? See Oven Variation, below.)
- 2 Combine chili powder and salt in a small bowl. Rub onto both sides of salmon.
- 3 Place jam in a small saucepan; heat over medium heat, stirring, until melted.
- 4 Oil the grill rack. Grill the salmon 4 minutes, then turn it over. Using a pastry brush, coat the top of the salmon with the jam. Close the grill; cook until the salmon easily flakes with a fork, 3 to 5 minutes more. To serve, cut into 4 portions.

## Tips

Oven Variation: Prepare through Step 3. Bake in a shallow baking pan at 350°F, about 15 minutes.

## Nutrition Facts

Nutrients per 1 portion (*recipe makes 4 servings*)

<b>Calories</b>	215
<b>Total Fat</b>	6g
Saturated Fat	1g
Monounsaturated Fat	2g
<b>Cholesterol</b>	66mg
<b>Sodium</b>	433mg
<b>Carbohydrates</b>	12g
Dietary Fiber	1g
Total Sugars	7g
Added Sugars	6g

<b>Protein</b>	29g
<b>Potassium</b>	613mg

**Carbohydrate Servings** 1

**Diabetic Exchanges** 1/2 other carbohydrates, 4 lean meat

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### IMPORTANT SAFETY INFORMATION

#### What is the most important information I should know about ENTRESTO?

ENTRESTO can harm or cause death to your unborn baby. Talk to your doctor about other ways to treat heart failure if you plan to become pregnant. If you get pregnant while taking ENTRESTO, tell your doctor right away.

#### Who should not take ENTRESTO?

Do not take ENTRESTO if you

are allergic to sacubitril or valsartan or any of the ingredients in ENTRESTO

have had an allergic reaction including swelling of your face, lips, tongue, throat (angioedema) or trouble breathing while taking a type of medicine called an ACE inhibitor or ARB

take an ACE inhibitor medicine. Do not take ENTRESTO for at least 36 hours before or after you take an ACE inhibitor medicine. Talk with your doctor or pharmacist before taking ENTRESTO if you are not sure if you take an ACE inhibitor medicine have diabetes and take a medicine that contains aliskiren

### INDICATION

#### What is ENTRESTO?

ENTRESTO is a prescription medicine used to reduce the risk of death and hospitalization in people with certain types of long-lasting (chronic) heart failure. ENTRESTO is usually used with other heart failure therapies, in place of an angiotensin-converting enzyme (ACE) inhibitor or other angiotensin II receptor blocker (ARB) therapy.

### COLLAPSE