

CHILI-GARLIC GLAZED SALMON

The sweet, salty, and spicy flavors of this colorful glaze permeate the salmon as it cooks, creating a succulent dish that tantalizes the taste buds.



4 SERVINGS



1 FILLET



11 MIN

INGREDIENTS

- 3 tablespoons chili sauce with garlic (such as Hokan; certified gluten-free if necessary)
- 3 tablespoons minced green onions (about 3 green onions)
- 1 1/2 tablespoons low-sugar orange marmalade
- 3/4 teaspoon low-sodium soy sauce (certified gluten-free if necessary)
- 4 (6-ounce) salmon fillets
- Cooking spray

INSTRUCTIONS

1. Preheat broiler.
2. Combine first 4 ingredients in a small bowl; brush half of chili sauce mixture over fillets. Place fillets, skin sides down, on a baking sheet coated with cooking spray. Broil fish 5 minutes; brush with remaining chili sauce mixture. Broil 2 more minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

CALORIES 282

Fat	11g
Saturated fat	2g
Monounsaturated fat	4g
Polyunsaturated fat	4g
Protein	34g
Carbohydrate	10g
Fiber	0g
Sugars	8g
Cholesterol	94mg
Iron	9%
Sodium	315mg
Calcium	2%
Potassium	847mg
Vitamin A	5%
Vitamin C	3%

HP

LC

GF

LS

NUTRITIONAL INFO

BLUEPRINTS

WHILE BROILER PREHEATS,
make glaze for the salmon.

SIMPLE SUB-IN

Don't have orange marmalade? You can use apricot preserves and mix in orange zest.

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