

Sweet Orange Salmon

from **CookingLight**

Eight ingredients combine in a spice rub that would also be good on pork tenderloin medallions. Serve with orange wedges.

2 tablespoons brown sugar
1 teaspoon chili powder
1/2 teaspoon grated orange rind
1/2 teaspoon ground cumin
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon ground coriander
1/8 teaspoon black pepper
4 (6-ounce) salmon fillets
Cooking spray

Preheat broiler.

Combine first 8 ingredients in a small bowl. Rub spice mixture over both sides of salmon fillets. Place salmon on a broiler pan coated with cooking spray. Broil for 8 minutes or until salmon flakes easily when tested with a fork.

Yield: 4 servings (serving size: 1 fillet)

CALORIES 303 (39% from fat); FAT 13.3g (sat 3.1g,mono 5.7g,poly 3.2g); IRON 1mg;
CHOLESTEROL 87mg; CALCIUM 33mg; CARBOHYDRATE 7.5g; SODIUM 235mg; PROTEIN
36.2g; FIBER 0.5g

Cooking Light, MAY 2005



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