**Bourbon Glazed Salmon  
Serves 4**

**Ingredients**

* 3  tablespoons  brown sugar
* 3  tablespoons  bourbon
* 2  tablespoons  low-sodium soy sauce
* 1  tablespoon  grated peeled fresh ginger
* 1  tablespoon  fresh lime juice
* 3  garlic cloves, minced
* 1/4  teaspoon  freshly ground black pepper
* 4  (6-ounce) skinless salmon fillets
* Cooking spray
* 1/4  cup  thinly sliced green onions
* 1  tablespoon  sesame seeds, toasted

**Preparation**

Combine first 7 ingredients in a large zip-top plastic bag. Add fish to bag; seal. Marinate in refrigerator 1 1/2 hours, turning occasionally.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish and marinade to pan; cook fish 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Place 1 fillet on each of 4 plates; drizzle each serving with about 2 teaspoons sauce. Sprinkle each serving with 1 tablespoon green onions and 3/4 teaspoon sesame seeds.  
  
**Nutritional Information Per Serving:** Calories 235, Fat 9.3 g, Protein 25 g, Carbs 8.6, Cholesterol 58 mg, Sodium 187 mg