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Barbecues
& Picnics

**Broiled Honey-Lime
Salmon**

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A particularly appealing marinade with a hint of tarragon turns salmon steaks or fillets into an exciting entree. Use lime or lemon for marinade.

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Broiled Honey-Lime Salmon

Preparation: 5 min.
Marinating time. 1 hr.

Broiling time: 14-16 min.
Serves: 4

INGREDIENTS:

4 salmon steaks or 1½ lbs.
salmon fillets, ½ inch thick

Marinade:

2 Tbsp. **each** Dijon-style
mustard and sherry
1 Tbsp. honey
Juice of 1 lime **or** lemon
2 tsp. olive oil
1½ tsp. crushed dried
tarragon
¼ tsp. salt

Tips: You may refrigerate salmon
steaks or fillets in marinade for 6
hours or longer.

PREPARATION:

- 1 Wipe salmon steaks with wet paper towel. Set aside.
- 2 In shallow non-metal dish, combine mustard, sherry, honey, lime juice, oil, tarragon and salt, mixing well.
- 3 Place salmon steaks in marinade, turning once to coat completely. Cover. Refrigerate about 1 hour, turning once.
- 4 Arrange salmon in pan (line pan with foil for easy clean-up).
- 5 Broil fish about 5 inches from heat for 7 to 8 minutes on each side, brushing occasionally with the marinade, or until done.

Good served with: Baked potatoes, green bean casserole and apple tart.

All nutritional information is per single serving.

Calories 222

Protein 34 g Carbohydrates 3 g Fat 7 g

Calcium 4 mg Sodium 299 mg Cholesterol 88 mg