

Roasted salmon with maple glaze

Tip: This salmon fillet doesn't need marinating and is ready to roast. The natural richness of salmon is wonderful with the simple maple syrup glaze. If you prefer, remove the skin of the salmon and grill 5 minutes on each side. Baste with the maple glaze as directed.

SERVES 6

Ingredients

1/4 cup maple syrup
1 garlic clove, minced
1/4 cup balsamic vinegar
2 pounds salmon, cut into 6 equal-sized fillets
1/4 teaspoon kosher or sea salt
1/8 teaspoon fresh cracked black pepper
Fresh mint or parsley for garnish

Directions

Preheat the oven to 450 F. Lightly coat a baking pan with cooking spray.

In a small saucepan over low heat, mix together the maple syrup, garlic and balsamic vinegar. Heat just until hot and remove from heat. Pour half of the mixture into a small bowl to use for basting, and reserve the rest for later.

Pat the salmon dry. Place skin-side down on the baking sheet. Brush the salmon with the maple syrup mixture. Bake about 10 minutes, brush again with maple syrup mixture, and bake for another five minutes. Continue to baste and bake until fish flakes easily, about 20 to 25 minutes total.

Transfer the salmon fillets to plates. Sprinkle with salt and black pepper, and top with reserved maple syrup mixture. Garnish with fresh mint or parsley and serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 fillet			
Calories	314	Cholesterol	69 mg
Protein	25 g	Sodium	152 mg
Carbohydrate	21 g	Fiber	1 g
Total fat	14 g	Potassium	624 mg
Saturated fat	3 g	Calcium	31 mg
Monounsaturated fat	5 g		

DIABETES MEAL PLAN EXCHANGES

Starches	1
Nonstarchy vegetables	1
Meat and meat substitutes	4