



Salmon with Citrus Soy Glaze

Recipe adapted from [Colorado Colore](#) Cookbook

6 four-ounce salmon filets
¾ cup fresh orange juice
1/3 cup fresh lime juice
4 cups thinly sliced napa cabbage
4 cups thinly sliced fresh spinach (chiffonade)
1 red bell pepper, julienned
1 carrot, julienned
¼ cup rice vinegar
¼ cup canola oil
1 tbsp soy sauce
1 tbsp sesame oil
Salt & pepper to taste
1 tbsp minced fresh ginger
1 clove garlic, minced
1 tbsp canola oil
1 tsp soy

Arrange filets in single layer in glass baking dish. Combine orange juice and lime juice in small bowl; whisk to mix well. Pour over filets, turning to coat. Marinate, covered, in refrigerator for 1-2 hours, turning occasionally.

Combine the cabbage, spinach, bell pepper and carrot. Mix well. Set aside. Whisk together vinegar, ¼ cup oil, 1 tbsp soy sauce and sesame oil in bowl until blended. Set aside.

Drain the salmon, reserving the marinade. Sprinkle with salt and pepper. Broil on top oven rack for 8-10 minutes or until fish flakes easily.

While salmon filets are cooking, sauté the gingerroot and garlic in 1 tbsp oil for one minute over medium heat. Add the reserved marinade and 1 tsp soy sauce. Bring to a boil, stirring frequently, for 5-6 minutes or until the mixture is reduced to ½ cup and is the consistency of a glaze.

Whisk the vinaigrette and mix with cabbage mixture. Divide mixture onto six plates. Discard skin from salmon. Top each with a salmon filet. Drizzle glaze onto each filet and serve. Serves 6

Nutrition Facts

Serving Size: One filet with 1/6 cabbage mix

Calories	350
Total Fat	22g
Saturated Fat	2.5g
Cholesterol	70mg
Sodium	290mg
Carbohydrates	10g
Dietary Fiber	2g
Protein	28g

Diabetic Exchanges

Protein	4
Fat	4
Carbohydrates	1

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