

Honey-Soy Broiled Salmon



Serve with brown rice and sautéed red peppers and zucchini slices to make a great meal!

Nutrition Facts

Recipe makes 4 servings

Calories: 161	Dietary Fiber: 0 g
Fat: 5 g	Sodium 252 mg
Carbohydrate: 5 g	Protein 23 g
Cholesterol: 53 mg	

Source: Million Hearts (CDC). For more Diabetes-friendly recipes, visit:

<http://recipes.millionhearts.hhs.gov>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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Ingredients

- 1 scallion, minced
- 2 Tbsp reduced-sodium soy sauce
- 1 Tbsp rice vinegar
- 1 Tbsp honey
- 1 tsp fresh ginger, minced
- 1 lb. center-cut salmon filet, skinned and cut into 4 portions
- 1 tsp. sesame seeds, toasted (optional)

Directions

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.
2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
3. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.