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Maple-Glazed Salmon

Put together a big batch of the spice rub, and keep it in an airtight container; use it to add flavor to meat and fish on weeknights.

Ingredients:

1 teaspoon paprika
1/2 teaspoon chili powder
1/2 teaspoon ground ancho chile powder
1/4 teaspoon ground cumin
1/4 teaspoon brown sugar
1 teaspoon kosher salt
4 (6-ounce) wild Alaskan salmon fillets
Cooking spray
2 tablespoons maple syrup

Preparation:

Preheat broiler. Combine first 6 ingredients; rub spice mixture evenly over flesh side of fillets. Place fish on a broiler pan coated with cooking spray; broil 6 minutes or until desired degree of doneness. Brush fillets evenly with syrup; broil 1 minute.

Yield: 4 servings (serving size: 1 fillet)

CALORIES: 352 FAT 20g (sat 3.2g,mono 7g,poly 2.7g) CHOLESTEROL 104mg
CALCIUM 80mg CARBOHYDRATE 8.6g SODIUM 574mg PROTEIN 34.6g
FIBER 0.2g IRON 1.6mg

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