

GRILLED HONEY-BALSAMIC SALMON

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 1 salmon steak

Nutrition (per serving)

Calories: 304

Total Carbohydrate: 15 g

Total Fat: 11 g

Dietary Fiber: 0 g

Saturated Fat: 2 g

Protein: 34 g

Sodium: 350 mg

Ingredients

1 ½ Tbsp honey

1 ½ Tbsp Dijon mustard

1 Tbsp balsamic vinegar

¼ tsp coarsely ground pepper

¼ tsp garlic salt

2 (6 oz.) salmon steaks (½ inch thick)

Cooking spray



OSF[®]
HEALTHCARE

Directions

1. Combine first 5 ingredients in a bowl; brush mixture over fish.
2. Coat clean grill rack with cooking spray; place on grill over medium-hot coals (350-400). Place fish on rack; grill, covered 2-3 minutes on each side or until fish flakes easily when tested with a fork.
3. Serve immediately. Pair with orzo pasta and your favorite fresh veggies for a complete meal. If you aren't a salmon fanatic, the marinade can also be used on chicken breasts or lean pork.



OSF[®]
HEALTHCARE