
Honey Soy-Glazed Salmon with Veggies and Oranges

The Essential Southern Living Cookbook

Servings: 4

Start to Finish Time: 25 minutes

4 tablespoons honey
1 tablespoon soy sauce
1 tablespoon Dijon mustard
1 teaspoon seasoned rice wine vinegar
1/4 teaspoon crushed red pepper
1 pound fresh asparagus
8 ounces fresh green beans, trimmed
1 small orange, cut into 1/4- to 1/2-inch slices
1 tablespoon olive oil
1 teaspoon Kosher salt
1/4 teaspoon freshly ground black pepper
4 (five- to six-ounce) fresh salmon fillets
toasted sesame seeds (for garnish)

Preheat the broiler with the oven rack six inches from the heat.

In a small bowl, whisk together the honey, soy sauce, Dijon mustard, vinegar and dried red pepper.

Snap off and discard the tough ends of the asparagus. Place the asparagus, green beans, orange, olive oil, Kosher salt and pepper in a large bowl. Toss to coat.

Place the salmon in the center of a sheet pan lined with aluminum foil. Brush the salmon with about two tablespoons of the honey mixture. Spread the asparagus mixture around the salmon.

Broil for 4 minutes. Remove from the oven and brush the salmon with about two tablespoons of the honey mixture. Return to the oven and broil for 2 minutes more.

Serve immediately.

Seafood

Per Serving (excluding unknown items): 339 Calories; 10g Fat (25.2% calories from fat); 37g Protein; 27g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 891mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.