

Maple-Glazed Salmon

David Krisko

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Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

1/4 cup ruby red unsweetened grapefruit juice

2 tablespoons balsamic vinegar

2 tablespoons maple syrup

2 cloves garlic, minced

2 teaspoons olive oil

4 4-ounce salmon fillets

1/4 teaspoon salt

1/4 teaspoon pepper

In a small saucepan, bring the grapefruit juice, vinegar, syrup and garlic to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

Transfer two tablespoons to a small bowl; add the oil.

Set the remaining glaze aside.

If grilling the salmon, coat a grill rack with nonstick cooking spray before starting the grill.

Sprinkle the salmon with salt and pepper. Place skin side down on the grill rack.

IF GRILLING: Grill, covered, over medium heat for 10 to 12 minutes or until fish flakes easily with a fork, basting occasionally with maple-oil mixture.

IF BROILING: Broil 4 to 6 inches from the heat for 10 to 12 minutes or until fish flakes easily with a fork, basting occasionally with maple-oil mixture.

Drizzle with reserved glaze before serving.

Per Serving (excluding unknown items): 181 Calories; 6g Fat (31.4% calories from fat); 23g Protein; 8g Carbohydrate; trace Dietary Fiber; 59mg Cholesterol; 210mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.