

## **Orange-Pecan Salmon**

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**Servings: 4**

**Preparation Time: 10 minutes**

**Bake Time: 20 minutes**

**1 cup chopped pecans, toasted**

**1 cup orange marmalade**

**1/2 cup reduced-sodium soy sauce**

**1/4 teaspoon salt**

**1/4 teaspoon pepper**

**4 6-ounce salmon filets, 1-inch thick**

Preheat oven to 350 degrees.

In a small bowl, combine the pecans, marmalade, soy sauce, salt and pepper. Pour one cup of the marinade into a large resealable plastic bag.

Add the salmon to the bag. Seal the bag and turn to coat.

Refrigerate for up to 30 minutes.

Set aside the remaining marinade.

Drain and discard the marinade from the salmon.

Place the salmon in a greased 11x7-inch baking dish.

Bake, uncovered, for 20 to 25 minutes or until the fish flakes easily with a fork.

In a small saucepan, bring the reserved marinade to a boil. Cook until the liquid is reduced to 3/4 cup.

Serve with the salmon.

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Per Serving (excluding unknown items): 415 Calories; 20g Fat (40.7% calories from fat); 4g Protein; 62g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1378mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 4 Fat; 3 1/2 Other Carbohydrates.