

## Glazed Salmon Fillets (makes 2 servings)

Glaze ingredients:

2 Tbs. Maple syrup  
1 Tbs. Reduced-sodium soy sauce  
1 tsp. Prepared spicy mustard  
1/4 tsp. Black pepper, freshly ground

2 Salmon fillets, 5 oz

Preheat outdoor grill or oven broiler. Combine glaze ingredients in a small bowl. Place salmon, skin side down, on a broiler pan (or on aluminum foil for outdoor grill) which is coated lightly with vegetable oil spray. Brush on glaze. Broil 10-12 minutes, until center of fillet flakes easily with a fork. Brush on glaze several times while cooking fish.

Note: to reduce sodium in this recipe, use orange juice in place of soy sauce

Nutrition Per Serving:

268 calories; 23 gm protein; 15 gm carbohydrates; 12.5 gm fat; 2.5 gm saturated fat; 67 mg cholesterol; 0 fiber; 399 mg sodium