



## Glazed Salmon Fillet with Baked Sweet Potato 2 servings

### To Make Glaze Salmon Fillet:

- 2Tbsp Maple syrup
- 1Tbsp Reduced-sodium soy sauce
- 1 tsp. Prepared spicy mustard
- 1/4 tsp. Black pepper, freshly ground
- 2 Salmon fillets, 5 oz \*

Preheat grill or broiler. Combine first 4 ingredients in a small bowl (the glaze). 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.



### Recipe Nutrition per serving

268 calories; 23 gm protein; 15 gm carbohydrate; 13 gm total fat; 3 gm saturated fat; 67 mg cholesterol; 0 gm fiber; 399 mg sodium

### To Make Sweet Potatoes:

Wash potatoes. Pierce the skin several times with a fork. Place in a 425° conventional oven and cook for 45-60 minutes. Or cook 15-20 minutes in a microwave. Potatoes are done when soft and easily pierced with a fork.

**Side Items:** choose one to complete your meal.

1. **Steamed Fresh Cabbage (red or green)**

- Affordable, staple ingredient: Fresh cabbage
- To Make: Wash fresh cabbage. Use a cutting board and knife to cut thin strips of cabbage. Cut into 2 “ length pieces and place in a saucepan. Add 1/4 - 1/2 cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

2. **Onion Flavored Green Beans or Broccoli**

- Affordable, staple ingredient: Lowes Foods Frozen Green Beans or Lowes Foods Frozen Broccoli Cuts

To Make: Use a cutting board and knife to chop 1/2 small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

3. **Orangey Carrots**

- Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots and cut off the very top and bottom of each. Cut each carrot into coin-shaped pieces, about 1/2" wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add 1/4 cup orange juice and/or 1 teaspoon orange zest and stir.