

Maple Pecan Crusted Salmon

Servings: 4-6

Preparation Time: 15 Minutes

Cooking Time: 12 Minutes

Ingredients:

Salmon

1½-2 lbs. boneless *skinless* salmon fillet

Maple Pecan Topping:

- ◆ 2 Tablespoons grated fresh orange peel
- ◆ 1/3 cup fresh orange juice (or amount from one orange)
- ◆ 2 Tablespoons butter, melted
- ◆ 2 Tablespoon maple syrup

- ◆ 1 Tablespoon Tamari sauce (don't substitute regular soy sauce)
- ◆ 1 small onion finely chopped
- ◆ ½ cup pecans coarsely chopped
- ◆ ½ Tbl. cornstarch + ¼c. cold water

Cous cous or Rice

- ◆ Serve with *Near East Parmesan Cous Cous* or any rice of your liking

Directions:

1. Spray a small lasagna casserole dish with cooking spray.
2. Place salmon fillet(s) in casserole dish.
3. Preheat oven to broil and adjust oven rack to one rack below the normal broiling position.
4. Mix together the remaining ingredients (Maple Pecan Topping) through the onion in a small pan,
5. Broil salmon for approximately 10-12 minutes (5 or so on each side) or until opaque in color and flaky.
6. Meanwhile, thicken topping over medium heat, with ~½ Tbl. of cornstarch mixed with ¼ cup of COLD water.
7. Remove salmon to individual plates and top with 1/3- to ½-c. of Maple Pecan Topping. Serve with cous cous or rice.

Nutrition: (Serving size: 1 fillet and ¼ sauce recipe)

Calories: 436

protein: 36g

total carbohydrate: 14g

total fat: 26g

saturated fat: 3.5g

sodium: 381mg

dietary fiber: 2g

sugars: 9g