

Glazed Salmon

Makes 8 (3 oz.) servings

3 tbsp packed dark brown sugar
4 tsp Dijon mustard
1 tbsp soy sauce
1 ½ pounds salmon, fillet or steaks

Combine brown sugar and Dijon mustard in a small bowl. Blend with a whisk.
Add soy sauce and blend with a whisk.
Brush salmon with glaze.
Place glazed side down on grill or broiler pan.
Grill till charred about 4 minutes.
Brush top of salmon with glaze.
Turn to cook second side about 5 minutes.

Per serving:

179 calories
5 g carbohydrates
17 g protein
9 g fat
2 g sat fat
50 mg cholesterol
160 mg sodium

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