

# Salmon with Balsamic Honey Glaze



Nothing better than serving salmon with your family. Enjoy this heart healthy main dish with easy clean up. Salmon is a light and lean tasting fish that is tasty and easy to cook.

## INGREDIENTS:

### Balsamic Honey Glaze

- ¼ cup White Wine
- ½ cup Balsamic Vinegar
- 1 T Dijon mustard
- 2 T Honey
- 1 T Minced Garlic
- 1 T Rosemary

### Salmon

- 4 6 Ounce Salmon Fillets
- 2 T Olive Oil
- Salt and Pepper to Taste

## COOKING INSTRUCTIONS:

- ❖ Pre-Heat Broiler
- ❖ Remove salmon from refrigerator and let stand for 10 minutes
- ❖ In saucepan on medium heat combine white wine, balsamic vinegar, honey, Dijon mustard, rosemary and garlic
- ❖ Heat sauce and reduce to simmer while stirring
- ❖ Remove from heat
- ❖ Season the salmon with salt and pepper

- ❖ Place salmon on broiler safe pan
- ❖ Broil for 10- 12 minutes
- ❖ Remove from oven
- ❖ Drizzle glaze over salmon

## **NUTRITIONAL INFORMATION:**

- ✓ Low Cholesterol
- ✓ Great Source of Vitamin A
- ✓ High in Potassium
- ✓ Low Calorie
- ✓ Protein High Fish