



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Glazed Salmon**

Adapted from Cooking Light

3 tbsp brown sugar  
3 tbsp bourbon  
2 tbsp reduced sodium soy sauce  
1 tbsp fresh lime juice  
3 garlic cloves, peeled and minced  
1.5 pounds salmon  
1 tbsp canola oil

### **Instructions:**

Combine the first 5 ingredients and add salmon; cover and let marinate 1.5 hours, refrigerated. Heat sauté pan on medium heat and add oil to pan. Add fish and marinade to pan and cook ~4 minutes on each side, flipping salmon once. Spoon pan sauce over salmon; let salmon rest 5 minutes before serving.

### **Notes:**

-Turn the salmon when you notice its sides turn from dark pink (raw) to light pink about half to two-thirds of the way up the fish. The salmon should be fully cooked when the entire piece appears light pink throughout and feels slightly firm to the touch (or the salmon reaches 145 degrees).

**Yield:** 5 servings (about 3 ounces each, cooked)



### **NUTRITION INFORMATION PER SERVING:**

CALORIES: 275 calories

PROTEIN: 27 g

SODIUM: 345 mg

CARBOHYDRATE: 9 g

FIBER: 0 g

FAT: 11 g

Sat Fat: 2 g

### **MAKE IT A MEAL:**

**Protein:** 1 serving glazed salmon

**Starch:** 1 cup whole wheat couscous (170 calories)

**Starch Toppings:** top with 1 tbsp slivered almond and sliced scallions to taste (40 calories)

**Vegetable:** 1 cup steamed spinach (65 calories)

### **COOKING TIPS**

-Prepare whole wheat couscous according to directions on package. Before serving, top with slivered almonds and sliced scallions to add crunch and texture.

-Cook raw spinach by placing it in a pot with about 1 inch boiling water, until it turns dark green and gives off most of its water; strain out water. (If you are in a hurry, use frozen spinach and steam with a little water in the microwave.) When spinach is cool enough to handle, you can squeeze it to remove excess water. **Note:** 1 pound raw spinach will provide ~ 1 cup cooked spinach.

### **GROCERY SHOPPING LIST**

Salmon, raw

Brown sugar

1 lime

3 garlic cloves

Whole wheat couscous

Slivered almonds

Scallions

Raw (or frozen) spinach

*Condiments:* bourbon; reduced sodium soy sauce; canola oil

### **USE OF LEFTOVERS**

-Place leftover salmon on raw spinach greens tossed with oil and vinegar and top with avocado, red onions, orange slices and pecans for a quick entrée salad.