

## GLAZED SALMON

*Adapted from Cooking Light*

### Ingredients

- 3 tablespoons brown sugar
- 3 tablespoons bourbon
- 2 tablespoons reduced soy sauce
- Juice from ½ a lime
- 3 garlic cloves, peeled and minced
- 1½ pounds salmon
- 1 tablespoon canola oil

### Instructions

Combine the first 5 ingredients. Add to salmon, cover, and let marinate 1½ 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.

**Yield:** 5 servings



### **NUTRITION FACTS PER SERVING**

CALORIES: 280

PROTEIN: 27 grams

SODIUM: 350 milligrams

CARBOHYDRATE: 9 grams

FIBER: 0 grams

FAT: 10 grams

SATURATED FAT: 2 grams