



Balsamic-Glazed Salmon Fillets

5

6 Servings

Ingredients

- 6, 5-ounce salmon fillets
- 4 cloves of garlic minced
- 1 tablespoon white wine (optional)
- 1 tablespoon of honey
- 1/3 cup of balsamic vinegar
- 4 teaspoons of Dijon mustard
- 1 tablespoon of chopped fresh oregano
- Salt and pepper to taste

Preparation time: 10 minutes

Cook time: 20 minutes

Ready in: 30 minutes

Directions

1. Preheat the oven to 400 degrees, and line baking sheet with aluminum foil and spray with nonstick cooking spray.
2. Cover a small saucepan with nonstick cooking spray. Place over medium heat and stir garlic until soft. Mix in balsamic vinegar, mustard, honey, white wine and salt and pepper. Let it simmer uncovered for about three minutes or until it thickens slightly.
3. Place salmon fillets on the foil lined baking sheet. Cover fillets with balsamic glaze and sprinkle with oregano.
4. Bake in oven for 10 to 14 minutes or until the flesh flakes easily with a fork. Next, brush fillets with the remaining glaze and add a bit of salt and pepper for taste. Use a spatula to relocate fillets to a serving platter and leave skin behind on the foil.

Nutritional Information

Calories: 276

Protein: 28 g

Fat: 16 g

Carbohydrate: 7 g

Cholesterol: 84 mg

Sodium: 171 mg