



RECIPE OF THE Month

Grilled Salmon Teriyaki

- | | |
|---|---|
| 1 | 1 |
| 1 | 1 |
| 1 | 1 |
| 2 | 4 |
| 1 | 1 |
| 1 | |
- 1 tbsp low sodium **soy sauce**
1 tbsp **olive oil**
1 tbsp **molasses** or **honey**
2 tsp **green onion**, finely chopped
1 tsp **ginger**, finely minced or mashed
1 tsp **sesame oil**
1 tsp **rice wine**
1 clove **garlic**, minced
1 pound **salmon** fillet, cut into 4 pieces
1 tbsp **sesame seeds**

- 1 In glass dish combine all ingredients except salmon and sesame seeds; place salmon in marinade turning to coat each piece. Cover with plastic wrap and refrigerate for 1 hour.
- 2 Set oven on broil. Spray broiler pan rack with cooking spray. Place salmon, skin side down on rack in broiler pan. Broil 4 inches from heat for 12-15 minutes (depending on fillet thickness), or until fish flakes easily with a fork.
- 3 Sprinkle sesame seeds over fish during last few minutes of cooking.

MAKES 4 SERVINGS.

PER SERVING: 240 calories | 23g protein | 13g fat | 5g carbs | 0g fiber | 150mg sodium