

Honey-Glazed Salmon

Servings: 4 @ 9 points, 10 points plus

Preparation Time: 6 min

Cooking Time: 12 min

Honey, hoisin sauce and citrus juices caramelize to form a sweet complement that stands up to the distinctive taste of fresh salmon.

Ingredients:

2 Tbsp honey

1 Tbsp fresh orange juice

1 Tbsp fresh lemon juice

1 Tbsp hoisin sauce

2 tsp Dijon mustard

1/4 tsp table salt

1/4 tsp black pepper

1 1/2 pounds salmon fillets, with or without skin, four 6-oz pieces

Instructions:

Preheat broiler. Combine first 7 ingredients, and stir well with a whisk. Place fillets on a broiler pan coated with cooking spray. Brush with honey mixture; cook 12 minutes or until fish flakes easily when tested with a fork, basting frequently with honey mixture.

