

Chili-Rubbed Roasted Salmon

Adapted slightly from *Cooking Light*, May 2001



Servings: 4

1. Combine first 3 ingredients in a zip-top plastic bag; seal and marinate in refrigerator 1 hour, turning occasionally. (Don't marinate longer or it will begin to break down the fish.)
2. Preheat oven to 400°.
3. Remove fish from bag; discard marinade. Pat dry the fish with paper towels. Combine sugar and next 5 ingredients (chili powder through cinnamon) in a bowl. Rub over fish; place in an 11 x 7-inch baking dish lined with foil. Bake for 10-12 minutes or until fish flakes easily when tested with a fork (done internal temp should be 135°F). Serve immediately with lemon slices, and a sprinkling of fresh, chopped mint and lemon zest.

- 1/4 cup pineapple juice
- 2 tablespoons fresh lemon juice
- 1 1/2 pounds salmon fillets (6-ounce each)
- 2 tablespoons brown sugar
- 4 teaspoons chili powder
- 2 teaspoons grated lemon rind
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- Lemon slices (optional)
- Chopped mint for garnish
- Grated lemon zest for garnish

Per Serving (excluding unknown items): 235 Calories; 6g Fat (24.8% calories from fat); 34g Protein; 9g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 408mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com