

Grilled or Broiled Orange Bourbon Salmon

Cooking Light June 1999



Servings: 4

1. Combine first 8 ingredients in a large zip-top plastic bag, and add salmon to bag. Seal and marinate in refrigerator 1 1/2 hours, turning bag occasionally.
2. Prepare grill or broiler.
3. Remove salmon from bag, reserving marinade. Place salmon on a grill rack or broiler pan coated with cooking spray or lined with foil. Cook 4-6 minutes on first side (depending on the thickness of the fish), turn fillet over and continue cooking for another 1-3 minutes or JUST until fish flakes easily when tested with a fork, basting frequently with reserved marinade. A thinner piece of salmon took 4 minutes on the first side and 2 on the second side.
4. Serve on heated platter and garnish with green onions and chives.

- 4 tablespoons bourbon
- 4 tablespoons fresh orange juice
- 4 tablespoons low-sodium soy sauce
- 4 tablespoons brown sugar, packed
- 4 tablespoons chopped green onions
- 9 teaspoons chopped fresh chives
- 6 teaspoons fresh lemon juice
- 2 garlic cloves, chopped
- 24 ounces salmon fillets, 4 pieces, 6 ounces each
- Cooking spray or foil
- Green onions and chives as garnish

Per Serving (excluding unknown items): 294 Calories; 7g Fat (23.3% calories from fat); 36g Protein; 13g Carbohydrate; trace Dietary Fiber; 126mg Cholesterol; 600mg Sodium; 11g Total Sugars; 0mcg Vitamin D; 40mg Calcium; 1mg Iron; 850mg Potassium; 514mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com