

Roasted Salmon with Apricot Ginger Glaze

Adapted from *Cooking Light*, June 1998



Servings: 4

1. Combine the first 4 ingredients in a saucepan, and bring to a boil. Reduce heat, and simmer mixture until reduced to 1/2 cup (about 20 minutes). Strain the apricot mixture through a sieve over a bowl, and discard solids. Add the sesame oil to the apricot mixture and stir to combine.
2. Preheat oven to 400°F. Line with parchment paper. If desired, add broccoli and cauliflower florets to the sheet pan to round out the dinner. Toss vegetables with oil, salt and pepper. Brush fish with about half of the apricot mixture. Roast salmon for 12-14 minutes. Use an instant read thermometer to assure you don't cook the fish higher than 125°. Remove from oven and brush more apricot glaze on the fish. Sprinkle with fresh herbs. Serve immediately.

- 2 tablespoons low-sodium soy sauce
 - 1 tablespoon fresh ginger, peeled, grated
 - 2 cinnamon sticks (3-inch)
 - 12 ounces apricot nectar, Kern's
 - 1 pound salmon steaks, cut into portions
 - 1 teaspoon sesame oil, toasted type
- Garnish with chopped Italian parsley, chives and sliced green onions**

Per Serving (excluding unknown items): 202 Calories; 6g Fat (26.2% calories from fat); 24g Protein; 13g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 319mg Sodium; 11g Total Sugars; 0mcg Vitamin D; 37mg Calcium; 1mg Iron; 581mg Potassium; 339mg Phosphorus. Exchanges: .

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