

Honey-Soy Glazed Salmon



Ingredients

- 2 tablespoons reduced sodium soy sauce
- 1 teaspoon extra virgin olive oil
- 1 tablespoon honey
- ½ teaspoon ground ginger
- ½ teaspoon garlic powder
- 1 pound salmon fillet
- 2 teaspoons toasted sesame seeds

Directions

1. Mix soy sauce, oil, honey, garlic and ginger
2. In a large zip lock bag add mixture and salmon and seal shut
3. Marinate for 25 minutes, turning the bag occasionally
4. Preheat grill to medium-high heat and place salmon skin side down
5. Grill for 20-30 minutes or until fish flakes
6. Slice into four fillets and garnish with toasted sesame seeds

Nutrition Facts

Serving Size 1 fillet

Amount Per Serving

Calories 225 Calories from Fat 105

Total Fat 12g

Cholesterol 50mg

Sodium 330mg

Total Carbohydrate 4g

Dietary Fiber 0g

Protein 21g

Make Mine a Meal

Fill 1/4 of the plate with garlic roasted red potatoes and 1/2 with grilled asparagus.



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