

## **Sweet-Spicy Glazed Salmon**

**SOURCE:** *Cooking Light, OCTOBER 2003*

Chinese hot mustard has a sharp bite similar to that of wasabi. If you can't find it, use Dijon mustard or 1 tsp dry mustard such as Coleman's. To toast nuts quickly in microwave, place them on a paper plate and microwave at HIGH 1-2 minutes or till nuts smell toasted.

### **INGREDIENTS:**

3 TBS dark brown sugar  
1 TBS low-sodium soy sauce  
4 tsp Chinese-style hot mustard  
1 tsp rice vinegar  
4 (6-oz) salmon fillets (about 1" thick)  
Cooking spray  
1/4 tsp salt  
1/4 tsp freshly ground black pepper

### **DIRECTIONS:**

Preheat oven to 425° F. Combine first 4 ingredients in saucepan - bring to boil - remove from heat.

Place fish on foil-lined jellyroll pan coated with cooking spray - sprinkle with salt + pepper. Bake 12 minutes - remove from oven.

Preheat broiler. Brush sugar mixture evenly over salmon - broil 3" from heat for 3 minutes or till fish flakes easily when tested with a fork.

Yield: 4 servings (serving size: 1 fillet)

**NUTRITION PER SERVING: CALORIES 252 (37% from fat); FAT 10.3g (sat 2.3g, mono 4.4g, poly 2.5g); PROTEIN 27.7g; CARB 11g; FIBER 0.1g; CHOL 65mg; IRON 0.9mg; SODIUM 470mg; CALC 33mg**