

CINNAMON-APRICOT GLAZED SALMON (for 4)

INGREDIENTS:

- 2 TBS low-sodium soy sauce
- 1 TBS minced peeled fresh ginger
- 2 (3") cinnamon sticks
- 1 (12 oz) can apricot nectar
- 4 (6 oz) salmon fillets (about 1" thick)

Combine the first 4 ingredients in saucepan - bring to a boil. Reduce heat & simmer mixture till reduced to 3/4 cup (about 30 minutes). Strain apricot mixture through a sieve over a bowl - discard solids.

Preheat broiler. Place salmon fillets on a broiler pan lined with foil - broil 5 minutes. Brush fish with 1/4 C apricot mixture. Broil 3 minutes or till lightly browned & fish flakes easily when tested with a fork. Serve with remaining apricot mixture.

(This is delicious. I cook the salmon on top of the stove in one of those heavy-duty skillets. Before cooking I smear a thin coat of olive oil on the salmon. This is served with a lettuce salad, brown rice & fresh asparagus, if that's available. We use the sauce on the salmon & rice. I don't put the sauce on the salmon while cooking. You can also grill the salmon - equally delicious)