

SALMON WITH BALSAMIC GLAZE



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Yield: 4 servings

Ingredients

- ¼ c balsamic vinegar
- ¼ c water
- 1 ½ tbsp fresh lemon juice
- 1 tbsp brown sugar low calorie baking blend
- 4 salmon fillets
- Salt & pepper to taste
- 2 tsp olive oil

Directions

1. Stir together balsamic vinegar, water, lemon juice, and brown sugar in a small bowl.
2. Pat salmon dry and season with salt and pepper.
3. Heat oil in a 12-inch nonstick skillet over medium high heat. Increase heat to high, add salmon, and sear until well browned, about 4 minutes.
4. Turn fish over and sear until just cooked through, 3 to 4 minutes more.
5. Transfer salmon to plates and carefully add vinegar mixture to skillet (liquid will bubble vigorously and steam).
6. Simmer, stirring, until thickened and reduced to about 1/3 cup, about 2 minutes.
7. Spoon glaze over salmon and serve.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
4 oz	227	13 g	20 g	5.5 g	51 g

Carbohydrate Exchanges: 1/3