

Balsamic-Glazed Salmon Fillets

Ingredients:

- 6 (5 oz) salmon fillets
- 4 cloves garlic, minced
- 1 Tbsp white wine
- 1 Tbsp honey
- 1/3 cup balsamic vinegar
- 4 tsp Dijon mustard
- Salt and pepper, to taste
- 1 Tbsp fresh oregano, chopped

Directions:

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil and spray with a nonstick cooking spray.
2. Coat a small saucepan with cooking spray. Over medium heat, cook and stir garlic until soft, about 3 minutes.
3. Mix in white wine, honey, balsamic vinegar, mustard, and salt and pepper. Simmer, uncovered, for about 3 minutes or until slightly thickened.
4. Arrange salmon fillets on foil-lined baking sheet.
5. Brush fillets with balsamic glaze and sprinkle with oregano.
6. Bake in oven for 10-14 minutes, or until flesh flakes easily with fork.
7. Brush fillets with remaining glaze and season with salt and pepper.

For Our Program:

Nutrition Information:

Servings = 6

Carbohydrates per serving = 5.5g