

Salmon with Honey-Balsamic Glaze

Use simple ingredients likely to be found in your kitchen to create a far-from-ordinary glaze for this easy entrée.

Start to finish: 22 to 27 minutes

Ingredients:

- Cooking spray
- 1 1/2 tablespoons light mayonnaise
- 1 1/2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 1/2 teaspoons sesame seeds
- 3/4 teaspoon dried oregano, crumbled
- 3/4 teaspoon olive oil
- 1 medium garlic clove, minced
- 4 skinless salmon fillets (about 4 ounces each), rinsed and patted dry



Directions:

1. Preheat the oven to 375°F. Lightly spray a shallow baking pan with cooking spray.
2. Spoon the mayonnaise into a small bowl. Gradually whisk in the vinegar until smooth. Whisk in the remaining ingredients except the fish.
3. Put the fish in the baking pan. Lightly spread the mayonnaise mixture over the top and sides of each fillet.
4. Bake for 15 to 20 minutes, or until the fish flakes easily when tested with a fork.

Nutrition Analysis: (per serving)

Calories	200
Total Fat	7.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	3.0 g
Cholesterol	67 mg
Sodium	130 mg
Carbohydrates	7 g
Fiber	0 g
Sugars	6 g
Protein	25 g

Dietary Exchanges: 1/2 carbohydrate, 3 lean meat

<http://www.americanheart.org/presenter.jhtml?identifier=3062701>

<http://www.goredforwomen.org/BetterU/RecipesSearch.aspx?Keywords=&Meal=Dinner#3>

Grilled Salmon with Mango Salsa

Enjoy the perfect match of tastes in this quick, heart-healthy supper.

Serves 2

Ingredients:

- 1 cup diced fresh or frozen mango
- 2 scallions, thinly sliced
- 1 small jalapeño pepper, seeded and finely chopped
- 1 lime, cut in half
- 1 tbsp. ground cumin
- 2 salmon filets or steaks, about 5 oz. each



Make It 1-2-3!

1. In a bowl, combine mango, scallions, jalapeño and the juice of 1/2 lime. Add salt to taste.
2. Heat a stovetop grill pan or prepare an outdoor grill. Coat the salmon filets with cumin, salt and pepper. Grill for 6 to 8 minutes per side.
3. Squeeze juice from the remaining lime half over salmon. Serve with mango salsa on the side.

Serve with white rice mixed with black beans; grilled pineapple slices.

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<https://healthpluswellness.securematria.com/content/story.aspx?sid=27913&returnurl=%2fcontent%2fnutrition%2frecipes%2fSearch.aspx%3fsearch%3d%26subtopicid%3d2%26index%3d5%20>

Beans & Rice

4 servings, 1 cup each
Active Time: 15 minutes
Total Time: 15 minutes

Ingredients:

- 1 cup instant brown rice
- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped (1 cup)
- 1 medium red bell pepper, seeded and diced (2 cups)
- 2 cloves garlic, minced
- 1 19-ounce can black beans, or dark red kidney beans, rinsed
- 1/4 cup reduced-sodium chicken broth, or vegetable broth
- 1 tablespoon cider vinegar
- 1/4 teaspoon hot sauce
- 1/8 teaspoon freshly ground pepper
- 1/3 cup chopped fresh cilantro



Preparation:

1. Cook rice according to package directions.
2. Meanwhile, heat oil in large nonstick skillet over medium-high heat.
3. Add onion; cook, stirring often, for 2 minutes.
4. Add bell pepper and garlic; cook, stirring often, until softened, 2 to 3 minutes.
5. Add beans, broth, vinegar, hot sauce and pepper; cook until heated through, 1 to 2 minutes.
6. Add the hot rice and cilantro; mix well.

Nutrition:

Per serving: 252 calories; 3 g fat (0 g sat , 2 g mono); 0 mg cholesterol; 43 g carbohydrates; 0 g added sugars; 9 g protein; 8 g fiber; 106 mg sodium; 189 mg potassium.

Nutrition Bonus: Vitamin C (70% daily value), Fiber (39% dv), Iron (20% dv).

Carbohydrate Servings: 2

Exchanges: 2 starch, 1 vegetable, 1/2 lean meat, 1/2 fat

http://www.eatingwell.com/recipes/beans_rice.html