



Orange-Soy Baked Salmon

Prep: 10 minutes

Bake: 15 minutes • Serves: 2

- Nonstick cooking spray
- ½ (11-ounce) can Mandarin oranges in light syrup
- 2 tablespoons less-sodium soy sauce
- 1½ teaspoons pure honey
- 1 teaspoon packed light brown sugar
- ¾ pound fresh salmon fillet, cut crosswise into 2 equal pieces
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ red bell pepper, thinly sliced into rings
- 2 tablespoons thinly sliced red onion
- ½ teaspoon finely chopped fresh rosemary leaves plus sprigs for garnish (optional)
- ¼ teaspoon chopped fresh Italian flat-leaf parsley leaves

1. Preheat oven to 375°. Spray 13 x 9-inch glass or ceramic baking dish with nonstick cooking spray. Reserve 1 tablespoon syrup from oranges. Drain oranges and set aside.

2. In medium bowl, combine 1½ teaspoons reserved syrup, soy sauce, honey and brown sugar. Place salmon pieces, skin side down, in prepared dish and sprinkle with ⅛ teaspoon each salt and black pepper. Drizzle soy sauce mixture over salmon. Bake 15 to 18 minutes or until internal temperature of thickest portion of salmon reaches 145°.

3. Meanwhile, in clean medium bowl, stir together remaining 1½ teaspoons syrup, and ⅛ teaspoon each salt and black pepper. Add bell pepper, onion, ¼ teaspoon rosemary, parsley and oranges; toss until well combined.

4. Divide salmon amongst 4 dinner plates; sprinkle with remaining ¼ teaspoon rosemary. Evenly top salmon with bell pepper mixture and garnish with rosemary sprigs, if desired. Spoon sauce remaining in bottom of baking dish over salmon to serve, if desired.

*Approximate nutritional values per serving:
371 Calories, 14g Fat (4g Saturated),
74mg Cholesterol, 907mg Sodium,
22g Carbohydrates, 1g Fiber, 29g Protein*

Dietitian's Dish

> This Valentine's menu is good for the heart! Anthocyanins, micronutrients, and fiber in berries, plus omega-3 fats in salmon may help lower risk of heart disease. Other benefits of omega-3s may include lower risks of depression, dementia, and arthritis.