

Maple-Glazed Salmon

Adapted From: health.com

Makes 4 Servings

Ingredients

1 pound skinless salmon fillets
1 Tbsp extra virgin olive oil
1 ½ Tbsp maple syrup
2 tsp grainy mustard
1 clove garlic, minced
Pinch of ground cumin (optional)



Directions

1. Preheat oven to Broil.
2. Line a shallow broiling pan with foil.
3. Spray foil lightly with vegetable cooking spray.
4. Brush salmon on all sides with olive oil.
5. Arrange salmon in single layer in broiling pan.
6. In a bowl, mix the maple syrup and remaining ingredients; spread onto salmon.
7. Broil salmon for 6 minutes or until desired doneness.

Nutrition Information per Serving: Cal: 240, Pro: 26 gm, Carbs: 6 gm, Fiber: 0 gm, Total Fat: 12 gm, Saturated Fat: 2 gm, Sodium: 110 mg, Chol: 70 mg

Sautéed Swiss Chard

Makes 3 Servings

Ingredients

1 pound Swiss chard
1 Tbsp extra virgin olive oil
Pinch of salt
Pinch of pepper



Directions

1. Wash all Swiss chard leaves and pat dry with paper towels.
2. Trim spine from each leaf (you can omit this step if you like more crunch- extra fiber!).
3. Cut leaves into bite-size pieces.
4. Heat olive oil in a pan over high heat for about 30 seconds.
5. Carefully drop chopped Swiss chard into the hot olive oil with tongs.
6. Let sit for about 10 seconds then begin to slowly toss and rotate the chard pieces so that they become coated with oil and slowly begin to wilt. This step takes about 1 minute.
7. Cook until desired tenderness.
8. Add salt and pepper, to taste.

Nutrition Information per Serving: Cal: 70, Pro: 3 gm, Carbs: 6 gm, Fiber: 2 gm, Total Fat: 5 gm, Saturated Fat: 0.5 gm, Sodium: 320 mg, Chol: 0 mg