

MAIN COURSE:

SALMON WITH MAPLE-LEMON GLAZE

2 Tbs fresh lemon juice
2 Tbs maple syrup
1Tbs cider vinegar
1 Tbs canola oil
4 (6 oz) skinless salmon fillets
½ tsp salt
¼ pepper
cooking spray

Preheat broiler.

Combine lemon juice, maple syrup, cider vinegar and canola oil in a large zip-top plastic bag. Add fish to bag, seal. Refrigerate 10 minutes turning bag once.

Remove fish from bag, reserving marinade. Place reserved marinade in a microwave-safe bowl and microwave at high for 1 minute.

Heat a large ovenproof non-stick skillet over medium-high heat. Sprinkle fish evenly with salt and pepper. Coat pan with cooking spray. Add fish to pan – cook 3 minutes – turn fish over. Brush marinade evenly over fish. Broil 3 minutes or until desired degree of doneness. (The broiler caramelizes the glaze into a tasty browned crust.)

Yields 4 servings