

Farm Market Recipe



Grilled Salmon with Blueberry Sauce

Ingredients:

- 4 (4 ounce) fresh or frozen skinless salmon fillets
- 1½ cups fresh or frozen blueberries
- ¼ cup finely chopped onion
- 1 clove garlic, minced
- 1 teaspoon olive oil
- 2 tablespoons balsamic vinegar or cider vinegar
- 1 tablespoon packed brown sugar or brown sugar substitute (see Tip) equivalent to 1 tablespoon brown sugar
- 1 teaspoon grated fresh ginger
- ½ teaspoon finely shredded lemon peel
- Cooking spray
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper
- 1 teaspoon chopped fresh chives

Directions:

1. Thaw fish and blueberries, if frozen. For blueberry sauce, cook and stir onion and garlic in a small saucepan in hot oil about 3 minutes or until softened. Add the blueberries, vinegar, brown sugar, ginger, and lemon peel. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or until sauce has thickened and reduced to 1 cup.
2. Meanwhile, rinse salmon; pat dry with paper towels. Lightly coat the salmon with cooking spray; sprinkle with salt and pepper. Measure thickness of the salmon.
3. Place the salmon on the rack of an uncovered grill directly over medium coals. If desired, cover grill grate with foil before placing fish. Grill for 4 to 6 minutes per ½-inch thickness or until fish flakes easily when tested with a fork, turning once halfway through grilling.
4. Serve the blueberry sauce over the salmon. If desired, sprinkle with chives.

Tip:

If using a sugar substitute, we recommend Sweet N' Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 1 tablespoon brown sugar. Nutrition Per Serving with Substitute: same as left, except 264 cal., 143 mg sodium, 12 g carb.

Nutrition Facts:

Servings: 4 Serving Size: 1 fillet
Per Serving: calories 264; protein 23g;
carbohydrates 12g; dietary fiber 2g;
sugars 8g; total fat 14g; saturated fat 3g;
cholesterol 66mg; vitamin A 81IU; vitamin
C 10mg; folate 35mcg; sodium 143mg;
calcium 22mg; iron 1mg; magnesium
38mg; potassium 478mg.

Recipe from eatingwell.com