

Honey Citrus Salmon

Makes 4 servings

4 Salmon fillets (4-6 oz. each)
1/4 cup orange juice (1 medium orange)
1 T fresh lime juice (1 large lime)
2 T honey
1/4 t salt
1/2 t chili powder
1 T water
1 1/2 t cornstarch



Preheat oven to 375°F. Place salmon skin side down on a foil lined sheet pan. Place the salmon in the oven. While salmon is cooking prepare sauce. Put the remainder of the orange juice along with the lime juice, honey, salt, and chili powder in a sauce pot on medium to high heat. Cook until honey has dissolved. In a separate cup dissolve the cornstarch in a tablespoon of water. Pour the dissolved cornstarch in the juice mixture and whisk to incorporate. Heat to a boil then reduce to heat to low. Remove salmon from oven after 10 minutes and spoon half the sauce over the fish. Place the salmon back in the oven and cook until it reaches an internal temperature of at least 145°F. Spoon the remainder of the sauce over the fish and enjoy.

Nutrition information: 200 calories, 6g total fat (1g saturated fat), 26g protein, 140mg sodium.
Good source of Vitamin C

