

Low-Point Orange-Glazed Salmon with Citrus Salad

Ingredients:

- 3, 6 oz. salmon fillets (I bought boneless and skinless)
- 1 Tbs maple syrup
- 2 tsp. grated orange rind
- 1 tsp. fresh orange juice
- 1/2 tsp. Dijon mustard
- 1/4 tsp. minced garlic
- 1/4 tsp. freshly ground pepper

Preheat broiler to high. Arrange fillets in a baking dish. Combine remaining ingredients and spread orange mixture over fillets. Broil salmon 6 to 7 minutes or until desired degree of doneness. Serve fillets with citrus salad.

Total Servings - 3

Serving size - 1 fillet

Points per serving - 5

Points plus per serving - 5

Citrus Salad

Ingredients:

- fresh spinach (or your choice of fresh leafy greens)
- 1 orange cut into small pieces
- 1 apple cut into small pieces
- A few sesame seeds or pine nuts, optional

Citrus Vinaigrette

- 1/4 cup orange juice (I used Tropicana 50 calorie OJ)
- 2 Tbs white balsamic vinegar
- 1 Tbs Dijon mustard
- 2 tsp. honey
- 1/8 tsp. freshly ground black pepper

Combine all ingredients and use as a dressing for the salad. The entire vinaigrette mixture is 1 point.

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Sometimes I pretend to be normal. But it gets boring, so I go back to being me." - Anonymous