

# May

## Recipe of the Month



### Grilled Honey-Balsamic Salmon

Source: *Cooking Light, Five Ingredient, 15 Minutes Cookbook*

#### Ingredients:

- 1 ½ Tbsp honey
- 1 ½ Tbsp Dijon mustard
- 1 Tbsp balsamic vinegar
- ¼ tsp coarsely ground pepper
- ¼ tsp garlic salt
- 2 (6 oz.) salmon steaks (½ inch thick)
- Cooking spray



#### Directions:

1. Combine first 5 ingredients in a bowl; brush mixture over fish.
2. Coat clean grill rack with cooking spray; place on grill over medium-hot coals (350-400). Place fish on rack; grill, covered 2-3 minutes on each side or until fish flakes easily when tested with a fork.
3. Serve immediately. Pair with orzo pasta and your favorite fresh veggies for a complete meal. If you aren't a salmon fanatic, the marinade can also be used on chicken breasts or lean pork.

### Why is it Healthy?

Spring is blossoming and outdoor grills are firing up – this year, skip the bratwurst and try salmon instead! You will save 20-30 grams of fat, and your heart will love you for it! Salmon is a great source of DHA and EPA, which is a type of Omega-3 fats that help to lower triglyceride levels and reduce inflammation. Add fish to your menu a couple of times each week.

### Nutrition Facts

Serving size 1 steak  
Servings per Recipe: 2

**Calories** 304

**Fat** 11 g  
Saturated Fat 2 g

**Cholesterol** 94 mg  
**Sodium** 350 mg

**Carbohydrate** 15 g  
Fiber 0 g

**Protein** 34 g



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