

Broiled Salmon with Marmalade-Dijon Glaze & Pears

Servings: 2

Adapted from David Bonom, Cooking Light APRIL 2006

Ingredients

1/4 cup orange marmalade
1/2 tablespoon Dijon mustard
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon ground ginger
2 (6-ounce) salmon fillets
Cooking spray
1 teaspoon butter
1 ripe pear, cored and cut into 16 wedges
Pinch of salt
Pinch of pepper

Preparation

- 1) Preheat broiler.
- 2) Combine first 6 ingredients in a small bowl, stirring well. Place fish on a jelly-roll pan coated with cooking spray. Brush half of marmalade mixture over fish; broil 6 minutes. Brush fish with remaining marmalade mixture; broil for 2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- 3) Melt butter in a pan; swirl to coat. Add pear and sprinkle with salt and pepper. Saute 4 minutes or until lightly browned, stirring occasionally. Serve with salmon.