



Orange-Glazed Salmon with Green Beans

4 Servings

INGREDIENTS

- 4 tablespoons soybean oil margarine spread
- 1 tablespoon orange juice
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon honey
- 1 teaspoon grated, fresh ginger
- 1 clove garlic (minced)
- 1 teaspoon grated orange zest
- ¼ teaspoon salt
- 4 (4 ounces each) salmon fillets
- 3 cups fresh green beans, trimmed and halved, (12 ounces)
- 2 cups grape tomatoes
- 1 green onion (sliced)

NUTRITION ANALYSIS (PER SERVING)

Calories	270
Total Fat	14 g
Saturated Fat.....	3 g
Trans Fat.....	0 g
Polyunsaturated Fat	6 g
Monounsaturated Fat	4 g
Cholesterol.....	60 mg
Sodium.....	400 mg
Carbohydrates.....	16 g
Fiber	4 g
Sugars	6 g
Protein.....	25 g

Dietary Exchanges: 3 vegetable, 3 lean meat, 1 fat

DIRECTIONS

1. Preheat oven to 425°. Line a large baking sheet with shallow sides with foil.
2. Combine margarine, orange juice, soy sauce, honey, ginger, orange peel and salt until blended. Spread 2 Tablespoons of mixture on salmon. Toss beans and tomatoes with remaining mixture until evenly coated.
3. Arrange salmon and vegetables on prepared pan and cook 20 minutes or until salmon is cooked through and vegetables are tender.
4. Transfer to serving platter. Drizzle with any pan juices and sprinkle with green onion.

This recipe from I Can't Believe It's Not Butter is an American Heart Association Heart-Check Certified recipe.

