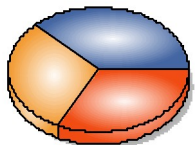




Maple Glazed Salmon with Tomato Dill Couscous

Recipe grams: 1669.31g/58.9oz

Serves 4 417.33g/14.7oz per serving



Protein: 37%
Carbohydrates: 31%
Fat: 32%

INGREDIENTS

1 tsp OLIVE OIL, SALAD OR COOKING
1 cup COUSCOUS, DRY
1 cup BROTH, CHICKEN, 99% FAT FREE
1/2 cup TOMATO, RED, RIPE, RAW, CHERRY, YEAR ROUND AVERAGE, CHERRY
1/4 cup ONION, RAW, CHOPPED
2 tbsp DILL WEED, DRIED
1/4 cup CARROT, RAW, CHOPPED
1 tsp PAPRIKA
1/2 tbsp CHILI POWDER
1/2 tsp CHIPOTLE POWDER
1/2 tsp CUMIN SEED, GROUND
1 tsp SUGAR, BROWN, PACKED
6 Fillet ATLANTIC SALMON
4 tbsp MAPLE SYRUP, 100%

DIRECTIONS

Preheat Broiler

Heat a small saucepan over medium high heat. Add olive oil to pan. Stir, in cousous and saute 1 minute. Add broth and bring to a boil. Cover, remove from heat and let stand. Fluff wiht a fork. Stir in remaining vegetables.

Salmon

Combine first 5 spices through brown sugar in a small bowl. Rub spice mixture over the top of salmon fillets. Place fish on a broiler pan coated with cooking spray and broil 6 mintes until desired degree of doneness. Bruish fillets with maple syrup and broil an additional minute.

Serving size; 1 fillet and 1 cup couscous.

Nutrition Facts

Serving Size: 1 serving (417.3g)

Servings: 1

Amount Per Serving

Calories 660

Calories from Fat 210

% Daily Value*

Total Fat 23g **35%**

Saturated Fat 6g **31%**

Trans Fat 0g

Cholesterol 130mg **43%**

Sodium 390mg **16%**

Total Carbohydrate 52g **17%**

Dietary Fiber 4g **14%**

Sugars 16g

Protein 59g

Vitamin A 15%

Vitamin C 8%

Calcium 8%

Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.