

Healthy Marinades for Healthy Grilling:

Maple Orange Salmon

This marinade is the perfect balance of sweet and sour while keeping things healthy! Rice wine vinegar is a great addition to add to your pantry with a unique sweet vinegar taste. Remember, swapping fish for red meat is one way to help lower your risk of stroke!

Yields 4 servings

Ingredients:

- ¼ cup rice wine vinegar
- 3 tablespoons maple syrup
- 2 tablespoons fresh orange juice and zest
- 4 (6-ounce) salmon fillets, skinned
- Cooking spray
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper



TIP! Make an aluminum foil barrier to prevent the fish from sticking to the grill and to decrease the smoke! Poke some holes in the foil and place it underneath the salmon.

Nutritional Information (per serving):

Calories: 270
Total Fat: 10.6g
Sat. Fat: 2.5g
Carbs: 11g
Fiber: 0.1g
Protein: 31.1g

Preparation:

1. Combine first 3 ingredients in a large ziploc plastic bag; add fish. Seal and marinate in refrigerator 3 hours.
2. Preheat grill or grill pan to medium-high heat.
3. Remove fish from bag, reserving the marinade. Pour marinade into a small saucepan; bring to a boil. Cook until reduced to 2 tablespoons (about 5 minutes).
4. Place fish on grill rack or pan coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness, basting occasionally with marinade. Remove fish from grill; sprinkle with salt and pepper.

Source: <http://www.cookinglight.com>