

Blueberry Balsamic Glazed Salmon

Ingredients:

- 1/2 cup fresh blueberries
- 5-6 sprigs of fresh thyme
- 1 tablespoon sugar
- 1 tablespoon balsamic vinegar
- 2 teaspoons lemon juice
- 1/2 teaspoon salt, divided
- 4-5 ounce salmon filets
- 1/4 teaspoon ground black pepper

Directions:

1. In small sauce pot, combine blueberries, thyme, sugar, balsamic vinegar, lemon juice, and 1/4 teaspoon salt.
2. Place over medium heat and boil for 15 minutes, stirring occasionally. The blueberries will release their juices and the sauce will reduce and thicken.
3. In the meantime, place an oven rack 6 inches from the broiler. Preheat oven broiler to high and line baking sheet with foil.
4. Rinse salmon, pat dry with paper towels and sprinkle both sides with a pinch of salt and pepper.
5. Place the salmon skin side down on the baking sheet.
6. Brush a thin layer of the blueberry glaze onto the salmon and place salmon under the broiler for 3 minutes.
7. Remove from broiler and brush additional thin layer of glaze on the fish. Place back under the broiler for an additional 3-5 minutes. Once cooked, the salmon should flake when pressed with a fork, but not be dry.

Nutrition Facts	
Serving Size (142g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 130mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 25g	
Vitamin A 6%	• Vitamin C 6%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: *The Wholesome Dish*

