

CITRUS HONEY GLAZED SALMON WITH RICE AND SUGAR SNAP PEAS



YIELD **4** SERVINGS

NUTRITION FACTS PER SERVING:

Calories: 250
Fat: 6 g
Sat Fat: 1 g
Sodium: 160 mg
Protein: 27 g
Carbohydrates: 20 g
Fiber: 2 g
Sugar: 2 g

INGREDIENTS

- 1 teaspoon dried ginger
- 1 clove fresh garlic (minced)
- 2 teaspoon vegetable oil
- 2 teaspoon low-sodium soy sauce
- 1 teaspoon honey
- 2 tsp fresh or jarred lemon juice (about 1/2 a lemon)
- 2 Tbsp fresh basil (or 6-8 leaves)
- 1 lb boneless, skinless salmon (cut into 4 - 4 oz. fillets)
- 1 cup uncooked brown rice
- 2 cup fresh sugar snap peas
- 8 lemons, thinly sliced

DIRECTIONS

1. Preheat oven to 450° F. In a large bowl, combine ginger, garlic, vegetable oil, soy sauce, honey, lemon juice and basil and add fish. Marinate in refrigerator for 10 minutes.
2. Prepare rice according to instructions on package, excluding any salt or oil.
3. Cut 8 pieces of aluminum foil; wide enough to fit one piece of salmon and ½ cup of snap peas.
4. Remove fish from marinade and discard remaining marinade. Arrange lemon slices on top and bottom of fish filet. Place one fish filet and half of snap peas together on one piece of foil. Cover with another piece of foil and tightly fold together top and bottom edges of foil to create a seal to the steaming pouch. Repeat for second portion. Place on baking sheet and bake for 12 minutes.
5. Carefully cut open pouch and remove contents. Put salmon and snap peas over rice and serve



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YIELD **2** SERVINGS

NUTRITION FACTS PER SERVING:

Calories: 270
Fat: 16 g
Sat Fat: 4 g
Sodium: 30 mg
Protein: 7 g
Carbohydrates: 30 g
Fiber: 8 g
Sugar: 18 g

INGREDIENTS

- 1 large avocado pitted and skin removed
- 2 ounces semi-sweet baking chocolate, melted and cooled slightly
- 2 tablespoons unsweetened cocoa powder
- 3 tablespoons unsweetened coconut milk or almond milk or nonfat milk
- 1 teaspoon vanilla extract
- 1/4 cup nonfat vanilla or plain greek yogurt
- 2 tsp sugar or sweetener of choice

DIRECTIONS

1. Melt 2 ounces semi-sweet baking chocolate in a double boiler or microwave.
2. Place all ingredients except sugar/sweetener in a food processor. Pulse until smooth, wiping down the sides and stirring as needed.
3. Add the sugar or sweetener and mix. Taste and add sugar/sweetener to taste.
4. Place in bowl and chill until ready to use.



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