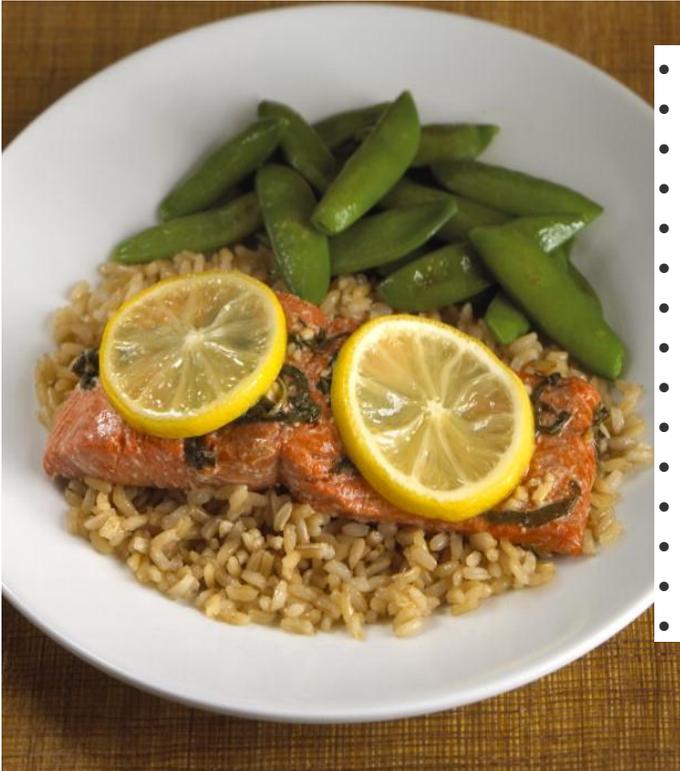


Citrus Ginger Honey Glazed Salmon with Whole Grain Rice and Sugar Snap Peas



INGREDIENTS

- 1/2 tsp. fresh ginger, peeled, grated **OR**
- 1 tsp. dried ginger
- 1 clove fresh garlic, minced **OR**
- 1 tsp. jarred, minced garlic
- 2 tsp. vegetable oil
- 2 tsp. low-sodium soy sauce
- 1 tsp. honey
- 2 tsp. fresh or jarred lemon juice (about ½ lemon)
- 2 Tbsp. fresh basil (or 6-8 leaves), chopped **OR**
- 1 Tbsp. dried basil
- 1 lb. boneless, skinless salmon cut into 4 - 4 oz. filets
- 1 cup uncooked brown rice
- 2 cup fresh sugar snap peas
- 8 lemon, thinly sliced
- aluminum foil

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 parchment. 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.

Nutritional Analysis

	<u>Per serving</u>
Calories Per Serving	247
Total Fat	6.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	2.0 g
Cholesterol	53 mg
Sodium	158 mg
Carbohydrates	20 g
Fiber	2 g
Sugars	2 g
Protein	27 g

Price per Serving: \$3.69