



tuesday

APRICOT CHILI-GLAZED SALMON

2 tablespoons New Mexico red chili powder
½ teaspoon salt
1¼-1½ pounds center-cut wild salmon, skinned
3 tablespoons apricot jam

Preheat grill to medium-high.

Combine chili powder and salt in a small bowl. Rub onto both sides of salmon.

Place jam in a small saucepan; heat over medium heat, stirring, until melted.

Oil the grill rack. Grill the salmon 4 minutes, then turn it over. Using a pastry brush, coat the top of the salmon with the jam. Close the grill; cook until the salmon easily flakes with a fork, 3 to 5 minutes.

To serve, cut into 4 portions.

Serves 4

Active Time: 25m

Total Time: 25m

NUTRITION FACTS

Amount per serving:

Calories: 215

Total Fat: 6g

Saturated Fat: 1g

Monounsaturated Fat: 2g

Cholesterol: 66mg

Sodium: 433mg

Carbohydrates: 12g

Dietary Fiber: 1g

Total Sugars: 7g

Added Sugars: 6g

Protein: 29g

Potassium: 613mg