



## Salmon with Maple-Lemon Glaze ▼

Finish the fish under the broiler to caramelize the glaze into a tasty browned crust. Serve with roasted potato wedges and peas.

- 2 tablespoons fresh lemon juice**
- 2 tablespoons maple syrup**
- 1 tablespoon cider vinegar**
- 1 tablespoon canola oil**
- 4 (6-ounce) skinless salmon fillets**
- ½ teaspoon salt**
- ¼ teaspoon freshly ground black pepper**
- Cooking spray**

- 1.** Preheat broiler.
- 2.** Combine first 4 ingredients in a large zip-top plastic bag. Add fish to bag; seal. Refrigerate 10 minutes, turning bag once.
- 3.** Remove fish from plastic bag, reserving marinade. Place marinade in a microwave-safe bowl. Microwave at HIGH 1 minute; stir well.
- 4.** Heat a large ovenproof nonstick skillet over medium-high heat. Sprinkle fish evenly with salt and pepper. Coat pan with cooking spray. Add fish to pan; cook 3 minutes. Turn fish over. Brush marinade evenly over fish. Broil 3 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Yield: 4 servings (serving size: 1 fillet).

**CALORIES** 287; **FAT** 14g (sat 2.7g, mono 6.7g, poly 3.6g); **PROTEIN** 31g; **CARB** 7.5g; **FIBER** 0.1g; **CHOL** 80mg; **IRON** 0.7mg; **SODIUM** 363mg; **CALC** 23mg

## Fresh Vegetable Barley ▲

Feta won't break the bank, and like other strong cheeses such as Parmesan, a little goes a long way.

- 1 teaspoon olive oil**
- ¾ cup chopped onion (about 1 small)**
- 1 garlic clove, minced**
- ¾ cup uncooked pearl barley**
- 1¾ cups fat-free, less-sodium chicken broth**
- 1½ cups chopped zucchini (about 1)**
- 1½ cups halved cherry tomatoes**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 2 tablespoons crumbled feta cheese**
- Chopped fresh parsley (optional)**

- 1.** Heat olive oil in a large saucepan over medium-high heat. Add chopped

onion and minced garlic; sauté 2 minutes. Add barley; cook 1 minute. Stir in broth; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in zucchini, tomatoes, salt, and pepper; cover and cook 5 minutes. Ladle 1 cup barley mixture into each of 4 bowls. Top each serving with 1½ teaspoons feta, and garnish with fresh parsley, if desired. Yield: 4 servings.

**CALORIES** 177; **FAT** 3.3g (sat 0.9g, mono 1.1g, poly 0.3g); **PROTEIN** 6.2g; **CARB** 31.4g; **FIBER** 7.7g; **CHOL** 5mg; **IRON** 1.5mg; **SODIUM** 187mg; **CALC** 64mg

