

Broiled Salmon with Thai Sweet Chili Glaze



Serves 4

Ingredients:

- 1-¹/₂ pounds (or four 6-ounce pieces) salmon
- 6 tablespoons Thai chili paste
- 2 tablespoons low-carb sweetener
- 3 tablespoons soy sauce
- 1 tablespoon peeled and finely grated ginger
- 2 scallions, green parts only, finely sliced (optional)

Instructions:

1. Set the oven rack 5-6 inches from the top and preheat the broiler.
2. Make the marinade by combining the chili paste, sweetener, soy sauce and ginger in a shallow baking dish. Spoon $\frac{1}{4}$ cup of the marinade into a small dish and set aside (this will be the sauce for the cooked fish).
3. Add the salmon fillets, skin side up, to the remaining marinade and marinate for 1 hour in refrigerator.
4. Line a rimmed baking sheet with aluminum foil and spray with nonstick cooking spray.
5. Transfer the salmon fillets to the prepared baking sheet, skin side down, and drizzle a bit of the marinade over top.
6. Go easy -- you don't want it to pool too much on the baking sheet because it will burn in the oven.
7. Broil the salmon for 6-10 minutes, or until browned in spots and almost opaque in the center.
8. Transfer the salmon to a serving platter and pour the reserved sauce over top. Garnish with scallions and serve.

Nutrition per serving: Calories 289; Total Fat 12.0 g; Saturated Fat 1.4 g; Monounsaturated Fat 2.3 g; Polyunsaturated Fat 1.4 g; Total Carbohydrates 6.3 g; Dietary Fiber 0.2 g; Sugar Alcohols 0.0 g; Sugars 3.2 g; Protein 38.0 g; Sodium 1044 mg