



## Boubon Glazed Salmon

*Makes 4 servings. Recipe by Ester Maples, Harlem, GA.*

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### Ingredients

3 tablespoons brown sugar  
3 tablespoons bourbon  
2 tablespoons low-sodium soy sauce  
1 tablespoon grated peeled fresh ginger  
1 tablespoon fresh lime juice  
3 garlic cloves, minced  
¼ teaspoon freshly ground black pepper  
4 (6-ounce) skinless salmon fillets  
Cooking spray  
¼ cup thinly sliced green onions  
1 tablespoon sesame seeds, toasted

### Nutritional info

Calories:	353
Total Fat:	14g
Cholesterol:	87mg
Sodium:	281mg
Protein:	37g
Carbohydrates:	13g

### Directions

1. Combine first 7 ingredients in a large zip-top plastic bag. Add fish to bag; seal.
2. Marinate in refrigerator 1-1/2 hours, turning occasionally.
3. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish and marinade to pan; cook fish 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
4. Place 1 fillet on each of 4 plates; drizzle each serving with about 2 teaspoons sauce. Sprinkle each serving with 1 tablespoon green onions and 3/4 teaspoon sesame seeds.