Orange-Glazed Salmon with Green Beans

4 Servings

INGREDIENTS
4 tablespoons margarine
1 tablespoon orange juice
2 teaspoons low-sodium soy sauce
1 teaspoon honey
1 teaspoon grated, fresh ginger
1 clove garlic (minced)
1 teaspoon grated orange zest
¼ teaspoon salt
4 salmon fillets (4 ounces each)
3 cups fresh green beans, trimmed and halved, (12 ounces)
2 cups grape tomatoes
1 green onion (sliced)

DIRECTIONS
❤️ Preheat oven to 425°. Line a large baking sheet with shallow sides with foil.
❤️ Combine margarine, orange juice, soy sauce, honey, ginger, garlic, orange peel and salt until blended. Spread 2 tablespoons of mixture on salmon. Toss beans and tomatoes with remaining mixture until evenly coated.
❤️ Arrange salmon and vegetables on prepared pan and cook 20 minutes or until salmon is cooked through and vegetables are tender.
❤️ Transfer to serving platter. Drizzle with any pan juices and sprinkle with green onion.

NUTRITION ANALYSIS (PER SERVING)
Calories ................................................ 270
Total Fat ............................................ 14.0 g
Saturated Fat .................................. 3.0 g
Trans Fat ........................................... 0 g
Polyunsaturated Fat ...................... 6.0 g
Monounsaturated Fat ................. 4.0 g
Cholesterol ....................................... 60 mg
Sodium ........................................... 400 mg
Carbohydrates ................................. 16 g
Fiber .................................................. 4 g
Sugars ............................................ 6 g
Protein ................................................ 25 g
Dietary Exchanges: 3 vegetable, 3 lean meat, 1 fat

This recipe from Upfield is an American Heart Association Heart-Check Certified Recipe.