

## **Orange-Maple Salmon**

Nina Simonds - "Simple Asian Meals"  
Palm Beach Post

**Servings: 4**

*This recipe also works with Trout or any firm-fleshed fish such as halibut, swordfish, tilapia or sea bass.*

**1 1/2 tablespoons orange zest**

**1/2 cup fresh orange juice**

**1 1/2 tablespoons fresh lemon juice**

**1/4 cup soy sauce**

**2 tablespoons maple syrup**

**1 piece (1 1/2-inch) fresh ginger, minced**

**1 (1 1/2 pound) skin-on salmon fillet OR four 6-ounce salmon steaks**

In a saucepan, combine the orange zest, orange juice, lemon juice, soy sauce, maple syrup and fresh ginger. Heat to a boil on medium heat. Reduce the heat slightly and simmer for 5 minutes. Pour half of the mixture into a bowl and cool slightly. Keep the other half warm.

Arrange the salmon in a shallow pan. Add the cooled sauce, turning the fish so all sides are coated. If using a fillet, place the skin side up. Marinate for 15 minutes.

Preheat the grill or broiler.

If grilling, place the salmon on a lightly oiled grill rack, skin side down if grilling a fillet. Grill until the flesh is just opaque, 6 to 7 minutes per side, brushing with the sauce left in the pan.

If broiling, place the fish on a lightly oiled broiler pan or baking sheet. Broil, skin side up if grilling a fillet, about 6 minutes. Turn the fish, baste with sauce, and cook until just cooked through, about 6 minutes.

Serve with the remaining sauce.

---

Per Serving (excluding unknown items): 57 Calories; trace Fat (2.1% calories from fat); 1g Protein; 13g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1031mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 1/2 Other Carbohydrates.