

Ginger-Poached Salmon w/ Orange & Honey

Serves: 4

Ingredients

1 orange	2 Tbsp honey
1 ½ cups reduced-sodium chicken broth	4 salmon filets (approx. 1 pound), preferably skinless
2 tsp finely chopped fresh ginger	1 Tbsp butter
2 tsp finely chopped pickled ginger	

Directions:

Grate the zest and squeeze the juice from the orange.

In a large skillet, combine orange zest and juice, chicken broth, both types of ginger, and honey and bring to boil, stirring to combine. Reduce the heat and simmer for one to two minutes, stirring frequently. Add salmon, cover, and cook for four to five minutes per side, or until cooked through. Remove the salmon and keep warm. Increase the heat until the sauce comes to a boil. Whisk in the butter until the sauce thickens to a glaze-like consistency. Pour over the salmon.

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Per Serving: 240 calories, 10 grams of fat, 0 grams of fiber.