

Apricot–Balsamic Glazed Salmon (Makes 2 servings)

- 1/4 cup apricot preserves
- 2 Tablespoons balsamic vinegar
- 1 teaspoon finely minced fresh ginger root
- 1 clove of garlic, crushed
- 1/8 teaspoon salt
- 2 (6 ounce) salmon filets, skin removed

Preheat oven to 425° or pre-heat a grill. In small saucepan, heat preserves, vinegar, ginger, garlic and salt over low heat 3–4 minutes or until slightly thickened, stirring occasionally. Remove from heat and cool slightly.

Place salmon fillets on a baking sheet, top with glaze and bake 10–12 minutes or just until salmon begins to flake. If using a grill, make a “pan” out of heavy duty aluminum foil, place the fish in the pan, top with glaze and grill for 10–12 minutes or until fish flakes.

Nutrition Information

Per serving (one filet): Calories: 350, Fat: 10 gm; Saturated Fat: 1.6 gm; Carbohydrate: 19 gm; Sodium: 250 mg; Fiber: 0



*For more information about UW Health Heart, Vascular and Thoracic Care please visit [uwhealth.org/heartandvascular](https://www.uwhealth.org/heartandvascular).
For additional healthy recipes, please visit [uwhealth.org/recipes](https://www.uwhealth.org/recipes).*

