

RECIPES

Salmon with Rosemary Balsamic Marinade

With very little effort this marinade, which also works well with chicken and pork tenderloin, creates a terrific meal!

Learn more about the [nutrition information](#) provided below.

Yields : 4 servings

Nutrition (*per serving*)*

Calories - 315 mg

Total Fat - 17 g

Saturated Fat - 4 g

Trans Fat - 0

Cholesterol - 105 mg

Sodium - 316 mg

Total Carbohydrates - 1 g

Dietary Fiber - 0

Sugars - 1 g

Protein - 36 g

Ingredients

¼ cup balsamic vinegar

1 tablespoon Dijon mustard

1 tablespoon extra virgin olive oil

2 cloves garlic, minced

¼ teaspoon dried thyme

½ teaspoon black pepper

1 tablespoon coarsely chopped, fresh rosemary leaves, or 1 teaspoon dried leaves

4 6-ounce salmon filets

Salt and pepper to taste

Directions

1. Marinate the salmon. To make the marinade whisk together all the ingredients in a small bowl. Place the salmon in a large Ziplock bag, add the marinade and mix well with the chicken. As you zip the bag closed, fold it over the chicken to remove as much air as possible, completing the closure just as you have achieved a compact, nearly air-free package. Marinate the fish for 1 ½ - 2 hours.

2. Broil the salmon. Remove the salmon from the marinade and salt and pepper it to taste. Broil the salmon over medium hot coals, in a ridged grill pan over medium-high heat, or under your oven's broiler on both sides until done as you like it