



Bourbon-Glazed Salmon

INGREDIENTS

- 1 lb wild-caught salmon (add additional points for green if using farmed salmon)
- 1 to 2 tsp ginger
- 2 Tbsp Lakanto brown sugar (or any 0-point brown sugar)
- 1 garlic clove, minced
- 1 oz bourbon
- 1-1/2 Tbsp soy sauce
- 1 Tbsp lime juice

NUTRITION FACTS

Serves: 3

Amount Per Serving:

- Calories 265
- Total Fat 7 g
- Saturated Fat 2 g
- Cholesterol 0 mg
- Sodium 447 mg
- Carbohydrate 1 g
- Dietary Fiber 0 g
- Sugars 0 g
- Protein 40 g
- myWW Blue: 1
- myWW Purple: 1
- myWW Green: 5

DIRECTIONS

1. Combine all ingredients in a bag. Marinate salmon for 2-12 hours or overnight (I do overnight).
2. Preheat oven to 450 degrees.
3. Heat cast iron (or oven-safe) skillet in hot oven for five minutes.
4. Remove pan using potholders and put on a stove burner set at high.
5. Add a splash of avocado oil (or other high heat point oil) in the hot pan and let heat for a minute. (Note: points and calories do not include the oil).
6. Turn the burner down a notch (my first notch is set at 8). Add salmon skin-side up and pan-sear for 2-1/2 minutes, without moving. Flip and cook for another 2-1/2 minutes. At this point, you can remove the skin if you choose, or wait until the end.
7. Put the pan in the oven for 2 to 5 minutes, depending on the thickness of the salmon.
8. Let rest for 5 minutes. Top with lemon juice, if desired.

This recipe can be found at:

<https://planningushealthy.com/bourbon-glazed-salmon>

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