

# HONEY-CHIPOTLE GLAZED SALMON



**DIFFICULTY**

**EASY**



**TIME**

**20 MIN**



**SERVES**

**4**

## INGREDIENTS

2 Tbsp Honey  
1-2 tsp Chipotle Paste or 1 tsp  
dried Chipotle Powder  
1 tsp Sea Salt  
4 each 5-7 ounce filets of Salmon  
1 tsp cooking oil

## DIRECTIONS

1. 15 minutes before cooking, place the top rack of your oven about 5-6 inches from the broiler. Move the bottom rack to the lowest position. Turn on the oven and preheat to 350 degrees. When it is preheated to 350 degrees, turn the setting over to the broiler. The oven is now hot so that when you move the fish from the broiler area to the bake area, you don't have to wait for the oven to preheat.
2. In a small bowl, combine the honey, chipotle and salt
3. Add 1 tsp of cooking oil or spray to the baking pan
4. Place the salmon skin side down into the pan. Spoon or brush the honey-chipotle mixture over each filet. Place the pan on the top rack under the broiler. Broil for 3-4 minutes, or until the surface is caramelized
5. Turn the oven temperature back to 350 degrees and place the pan on the lower rack of the oven. Continue to cook the salmon for 5-7 more minutes
6. Remove the pan from the oven and transfer the salmon onto a serving plate.

## NUTRITION FACTS PER SERVING

Calories: 294   Fat: 12..3g (Saturated Fat: 1.8g)   Carbohydrates: 8.7g   Fiber: 0g   Sugar: 8.6g   Protein: 38.5g



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