

Balsamic and Maple Salmon

Balsamic vinegar is a particularly useful pantry staple. It has more flavour and less sour than other vinegars. It also has zero sodium, making it a great choice for sauces and marinades. In this recipe, the tartness of the balsamic vinegar is paired with maple syrup. The maple syrup goes well with the natural sweetness of the fish and the sauce doesn't add any sodium to the recipe.

Prep: 5 minutes • Total: 15 minutes

Ingredients:		
Balsamic vinegar	¼ cup	60 mL
Water	¼ cup	60 mL
Olive oil	2 Tbsp	28 mL
Maple syrup	2 Tbsp	28 mL
Garlic powder	¼ tsp	1 mL
Salmon fillets	8 oz	225 g

Directions:

- 1. Heat all of the ingredients except salmon in a large skillet, stirring to combine.
- 2. Add salmon fillets.
- 3. Cover and cook until salmon is done, about 10 minutes, turning once.

Nutrition Facts

Serving Size (209g) Servings Per Container

Amount Per Serving	
Calories 440 Calories	from Fat 250
	% Daily Value*
Total Fat 28g	43%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 80mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 17g	

Protein 25g
Vitamin A 0%

Calcium 49	6 • I	ron 6%)			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:						
,	Calories:	2,000	2,500			
Total Fat	Less than	65g	80g			

Vitamin C 8%

		-,	-,		
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydra	ate	300g	375g		
Dietary Fiber		25g	30g		
Calories per gram:					
Fat 9 • (Carbohydrate	4 • Prote	ein 4		

Adapted from: 500 Low Sodium Recipes (Cookbook by Dick Logue)

Makes 2 servings (209g / serving) • 1 serving = 4 oz salmon fillet

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