

- » 2 tbsp butter
- » 3 cloves garlic, minced, divided
- » 1/4 cup lemon juice
- » 1 tbsp white cooking wine
- » 2 tsp grated lemon zest (grated rind)
- » 2 tsp honey
- » 1/4 tsp pepper
- » 1 tsp dried dill
- » 1 1/2 lb salmon fillet's (skin removed)
- » Nonstick vegetable cooking spray
- » 1 cup chicken broth
- » 3/4 cup water

- » 2 cups small broccoli florets
- » 1 cup couscous
- » 1/4 tsp salt

## Nutritional Content

Per Serving

Calories	458 cal	Cholesterol	104mg
Protein	42g	Sodium	473mg
Carbohydrate	40g	Calories from Fat	24%
Fat	12g	Fiber	4g
Saturated Fat	5g		

In a small saucepan over medium heat, melt butter. Add 1 clove minced garlic and cook 1 minute. Stir in lemon juice, cooking wine, lemon zest, honey, and pepper. Remove from heat; stir in dill. Place salmon fillet's on a broiler pan that has been sprayed with nonstick vegetable cooking spray. Brush salmon with half the lemon-dill butter. Broil salmon 3 to 4 minutes per side, turning once and topping with the remaining lemon-dill butter. Cook until fish flakes easily when tested with a fork. In a medium saucepan bring chicken broth, water, broccoli, and 2 cloves minced garlic to boiling. Cook, covered, for 3 minutes or until broccoli is tender. Stir in dry couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork and season with salt. Serve salmon with hot couscous. Serves 4.

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