Broiled Salmon with Lemon-Dill Butter — INGREDIENTS

- 1 1/2 tsp butter
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 tsp white cooking wine
- 1/2 tsp grated lemon zest (grated rind)
- 1/2 tsp honey
- Pinch of pepper
- 1/4 tsp dried dill
- 6 oz salmon fillet (skin removed)
- Nonstick vegetable cooking spray
- 1/4 cup chicken broth
- 3 tbsp water
- 1/2 cup small broccoli florets
- 1/4 cup couscous
- Pinch of salt

Nutritional Content

Per Serving

Calories	456 cal	Cholesterol	103mg
Protein	42g	Sodium	624mg
Carbohydrate	40g	Calories from Fat	24%
Fat	12g	Fiber	4g
Saturated Fat	5g		

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See reverse for instructions

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Broiled Salmon with Lemon-Dill Butter — INSTRUCTIONS

In a small saucepan over medium heat, melt butter. Add 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 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 saucepan bring chicken broth, water, and broccoli to boiling. Cook, covered, for 2 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 1.

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