

Mango Salmon (serves 6)

FLT (per serving): 1.5 protein, 1 fat

309 calories, 5.5 g carbohydrates, 36.4 g protein, 14.5 g fat
(For smaller appetites, it will serve more with less calories)

2 tbsp. tamari or regular soy sauce
1 tbsp. minced fresh ginger
1 cinnamon stick (3 inches)
1 tsp rice or cider vinegar
1 10-oz. bottle mango nectar
6 salmon fillets, 6-oz. each and 1 inch thick
1 tsp. olive oil

1. In a small saucepan, stir together all ingredients, except for salmon.
2. Bring to boil, reduce heat and simmer, uncovered for 20-25 minutes, or until reduced to about $\frac{3}{4}$ cup.
3. Pour mixture through a strainer and discard the solids.
4. Return to saucepan and keep warm.
5. Brush olive oil on broiler pan, and place salmon on pan and broil 5 inches away from heat for 5 minutes.
6. Brush salmon with mango mixture and broil 3 more minutes or until fish flakes with fork.
7. Serve immediately and garnish salmon with remaining mixture as desired.