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Salmon Steak with Orange-Balsamic Glaze

Recipe for Omega-3 Content
Salmon Steak with Orange-Balsamic Glaze

Ingredients

¼ cup orange juice or concentrate
¼ cup balsamic vinegar
1 T extra-virgin olive oil
2 cloves garlic, finely chopped
1 T finely chopped fresh rosemary
½ tsp salt (optional)
¼ tsp freshly ground black pepper
4 salmon steaks (approx. 6 ounces each)
Vegetable cooking spray



Preparation

Place first 7 ingredients in a large sealable plastic bag. Shake well. Add salmon and refrigerate 30 minutes to 1 hour. Remove steaks from marinade. Turn broiler on and coat with cooking spray. Broil steaks until no longer translucent in the center, about 7-10 minutes. (Times may vary)