



Cranberry Salmon

Serves 4

The slight tartness of cranberries nicely complements the rich flavor of salmon.

Nonstick vegetable oil spray
2 Tbsp. olive oil, divided
1 Tbsp. Dijon mustard
4 5-oz. boneless salmon fillets
Salt and freshly ground black pepper
1/4 cup dried cranberries
2 Tbsp. chopped shallots (or onion)
1 Tbsp. red wine vinegar
2 Tbsp. water

- Preheat oven to 450°. Cover a baking sheet with foil and lightly spray with oil.
- In a medium bowl, whisk 1Tbsp oil and mustard together.
- Place salmon on foil-covered baking sheet, skin side down, and season with salt and pepper. Brush salmon with oil-mustard blend. Roast until salmon is cooked through, about 15 minutes.
- Whisk cranberries, shallots (or onion), vinegar, and water with the remaining oil (1 Tbsp), salt and pepper in a small saucepan. Bring to a boil then reduce heat to low. Simmer for 10 minutes or until cranberries and shallots are soft. Remove from heat and cover for a moment until fish is cooked.
- When fish is cooked through, remove from oven and transfer fish to plates. Spoon sauce over fillets, and serve.

Recipe adapted from *American Institute for Cancer Research*

Nutritional Information:

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| Calories: 351 | Carbohydrate: 15g |
| Total Fat: 17g | Fiber: 1g |
| Saturated Fat: 2g | Protein: 33g |