

## Recipe: Sauteed Salmon with Sweet and Sour Glaze



### Makes 4 servings

1 1/2 cups Coca-Cola®  
1 1/2 tablespoons balsamic vinegar  
1 1/8 teaspoon salt  
1/2 cup trimmed pearl onions, par-cooked  
1/2 cup bias-cut parsnips, par-cooked  
1/2 cup bias-cut carrots, par-cooked  
1/4 cup snow peas, strings removed, par-cooked  
1 1/4 cups white mushrooms, trimmed and sliced  
1 1/4 pounds salmon fillet\*, skin-on, portioned 5 ounces each  
1/2 tablespoon water 1/2 teaspoon black pepper, freshly ground  
1 tablespoon olive oil

### Method:

1. Combine the soda, balsamic vinegar and 1/8 teaspoon of salt in a saucepan over medium-high heat and reduce to 1/2 cup, about 20 minutes. Remove from heat.
2. Heat 1 teaspoon olive oil in a large non-stick skillet over medium heat. Add mushrooms, 1/2 tablespoon of water and a pinch of salt. Cook just until tender, about 2-3 minutes. Add remaining vegetables and toss to combine. Remove from heat and hold while cooking fish.
3. Season salmon fillets with remaining salt and pepper. Heat remaining olive oil in a non-stick skillet over medium heat. Place the fillets, flesh-side down into the pan. Sauté until first side is golden brown, about 5-7 minutes. Flip over to skin side. Sauté until fish is opaque, but still tender, about 5 additional minutes. Remove from heat and hold warm.
4. Place the pan with vegetables over medium-high heat and toss to reheat briefly. Serve fillets and mixed vegetables, drizzled with glaze.

### Nutritional Analysis:

Serving size: 4 1/2 ounces fish (edible portion), 2 tablespoons glaze, 2/3 cup vegetables  
Cal: 342  
Protein: 24g  
Fat: 18g  
Carb: 18g  
Sodium: 761mg  
Chol: 75mg  
Sugar: 13g

\*Variation: Sea bass may be substituted for salmon fillets.

Serving size: 4 1/2 ounces fish (edible portion), 2 tablespoons glaze, 2/3 cup vegetables  
Cal: 233  
Protein: 25g  
Fat: 7g  
Carb: 18g  
Sodium: 772mg  
Chol: 52mg  
Sugar: 13g