



Grilled Orange-and-Bourbon Salmon

This easy grilled salmon recipe gets its sweet, mellow flavor from the marinade of bourbon, orange juice, brown sugar and soy sauce.

CookingLight

- **Yield:** 4 servings

Photo by: Photo: Randy Mayor; Styling: Lydia E. DeGaris

Ingredients

1/4 cup bourbon	3 tablespoons chopped fresh chives
1/4 cup fresh orange juice	2 tablespoons fresh lemon juice
1/4 cup low-sodium soy sauce	2 garlic cloves, chopped
1/4 cup packed brown sugar	4 (6-ounce) salmon fillets (about 1 inch thick)
1/4 cup chopped green onions	Cooking spray

Preparation

Combine first 8 ingredients in a large zip-top plastic bag, and add salmon to bag. Seal and marinate in refrigerator 1 1/2 hours, turning bag occasionally.

Prepare grill or broiler.

Remove salmon from bag, reserving marinade. Place salmon on a grill rack or broiler pan coated with cooking spray. Cook 6 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with reserved marinade.

Nutritional Information

Amount per serving

Calories 365 Calories from fat 35 % Fat 14.1 g Satfat 2.5 g Monofat 6.8 g Polyfat 3.1 g Protein 36 g
Carbohydrate 18 g Fiber 0.3 g Cholesterol 111 mg Iron 1.4 mg Sodium 575 mg Calcium 34 mg

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