

# Pan Roasted Sweet Glazed Salmon with Green Beans



- |  |                                  |
|--|----------------------------------|
| 4 salmon fillets                       | 1 Tablespoon olive oil           |
| 1 Tablespoon margarine                 | 1/2 teaspoon pepper              |
| 2 Tablespoons honey                    | 1/8 teaspoon salt                |
| 2 Tablespoons reduced-sodium soy sauce | 1 lb. fresh green beans, trimmed |
| 2 Tablespoons of Dijon mustard         |                                  |

Instructions: Preheat oven to 425°F. Wash hands with soap and water. Place fillets in baking pan coated with cooking spray. Wash hands with soap and water. In a microwavable safe bowl, melt margarine; stir in honey, soy sauce, mustard, oil, pepper, and salt. Brush half of the mixture over the salmon. Place green beans in a large bowl. Drizzle with remaining sauce mixture and toss to coat. Arrange green beans around fillets. Roast until thermometer of salmon reads at least 145°F and green beans are crisp and tender (14-16 minutes).

Yield: 4 servings

**Nutrition Facts** (per serving): 200 calories, 10 grams fat, 470 milligrams sodium, 18 grams carbohydrate, 3 grams fiber, 11 grams protein