

Eat Well



HONEY GRILLED SALMON AND ASPARAGUS

Add a taste of spring to this simple dinner with seasonal asparagus. Enjoy the sweet hint of honey and fresh thyme in this easy salmon grill.

Prep Time **5** min

Cook Time **15** min

Makes 4 Servings 

- 15 mL (1 tbsp) sodium reduced soy sauce
- 10 mL (2 tsp) canola oil
- 10 mL (2 tsp) liquid honey
- 10 mL (2 tsp) packed brown sugar
- 5 mL (1 tsp) chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves
- 2 mL (1/2 tsp) fresh ground pepper, divided
- 4 salmon fillets, about 150 g/ 5 oz each
- 1 bunch fresh asparagus, trimmed
- Half a fresh lemon

1. In a small bowl, stir together soy sauce, oil, honey, sugar, thyme and half of the pepper.
2. Place salmon in a shallow dish. Pour marinade over top of salmon, spreading evenly. Cover and refrigerate for 15 to 30 minutes, turning once if possible.
3. Lightly spray asparagus with cooking spray and place on preheated and oiled grill on medium-high heat. Grill, turning a couple of times until tender crisp. Add salmon fillets and grill for 5 minutes. Discard marinade. Turn salmon over and grill for about 5 minutes longer or until fish flakes easily when tested.* Serve with asparagus. Squeeze lemon over asparagus just prior to serving.

*Use a digital food thermometer to check that salmon has reached an internal temperature of 70°C (158°F).

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING % DV

Calories	302	-
Fat	17 g	27 %
Saturated + Trans	3 g 0 g	17 % -
Cholesterol	77 mg	-
Sodium	188 mg	8 %
Carbohydrate	7 g	2 %
Fibre	1 g	5 %
Sugars	5 g	-
Protein	28 g	-
Vitamin A	-	5 %
Vitamin C	-	19 %
Calcium	-	3 %
Iron	-	8 %

TIPS

- Just snap it! To get rid of the woody ends, bend each asparagus stalk near the bottom end and it will break off at the right spot.
- Little chefs can help to whisk the marinade together and snap the ends off the asparagus.
- Pick the perfect asparagus. Look for asparagus that are crisp and have bright green spears with tightly closed tips. To store, stand spears in 2.5 cm (1") of water or wrap ends with damp paper towel. Cover, refrigerate for up to four days.
- Transform this meal into tomorrow's lunch salad. Make extra salmon and serve it on a bed of greens.