

Salmon in Peach-Blueberry Sauce

[Recipe](#)



Nutrition Facts;

PER SERVING	
Salmon in Peach-Blueberry Sauce	
Makes: 4	
Serving Size: 4 oz. salmon, 1/4 cup sauce	
Calories	275
Fat	14 g
Saturated Fat	2.1 g
Carbohydrate	15 g
Fiber	5 g
Sugars	4 g
Cholesterol	80 mg
Sodium	480 mg
Potassium	415 mg
Protein	26 g
Phosphorus	270 mg
Choices: Fruit 1, Lean Meat 3, Fat 1.5	

Preparation Time;

10 minutes

Cook Time;

15 minutes

Servings;

4

Serving Size;

4 oz. salmon & ¼ cup sauce

Ingredients;

- 4: 4 oz. fillets frozen salmon, thawed
- ½ tsp: kosher salt
- ¼ tsp.: freshly ground black pepper
- 1 tbsp: canola oil
- ½ cup: no sugar added peach preserves
- 2 tbsp: coarse Dijon mustard
- 1/3 cup: cider vinegar
- ¾ cup: frozen blueberries, thawed

Directions;

1. Sprinkle the salmon with salt and pepper. In a large skillet, heat the oil over medium-high heat.
2. Sear the salmon on both sides, for about 3 minutes per side.
3. Combine the preserves and mustard, and pour the mixture over the salmon. Cover the salmon and simmer on low heat for about 6 minutes.
4. Remove the salmon with a slotted spoon and keep warm.
5. Add the vinegar to the pan and bring to boiling. Lower the heat and simmer for 3 to 4 minutes, until the sauce is reduced by one third.
6. Add the blueberries and heat through. Serve the sauce over the salmon.