

HONEY & SESAME-GLAZED SALMON WITH COUSCOUS



INGREDIENTS:

2 cups chicken broth
Salt and pepper to taste
1 cup couscous, preferably whole wheat
1/3 cup dried cranberries
2 tablespoons pine nuts
1 tablespoon honey
1/2 tablespoon sesame oil
1/2 tablespoon lemon juice or vinegar
1/2 teaspoon sesame seeds
4 (4- to 6-ounce) salmon fillets

SERVES: 4

DIRECTIONS:

Preheat oven to 400 degrees F. In a medium saucepot, bring chicken stock to a boil over high heat. Remove from heat. Stir in salt, pepper, couscous, cranberries, and pine nuts. Cover with a lid and let sit for 10 minutes. When done, fluff the couscous and adjust the seasoning as needed. Meanwhile, in a small bowl, stir together honey, sesame oil, lemon juice, and sesame seeds. Add salmon fillets skin side down into a baking dish. Season each salmon piece with salt and pepper; then, coat salmon with honey mixture. Bake until salmon reaches desired doneness, about 10 to 14 minutes, depending on salmon thickness. Serve with couscous.