



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

April 28th, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegar

Honey Ginger Balsamic

Glazed Salmon

Serves 6

Ingredients:

- ¼ cup low sodium soy sauce
- 3 tablespoons honey
- 2 tablespoons D'Avolio honey-ginger white balsamic vinegar
- ¾ cup D'Avolio garlic olive oil
- 1 ½ teaspoons ground ginger
- 2 green onions, chopped
- 1 teaspoon coarsely ground black pepper
- 6 salmon fillets or chicken breasts (about 4 oz. each)

Directions:

Combine first 7 ingredients in a medium bowl. Add the salmon or chicken and gently toss to evenly coat each fillet. Marinate chicken for 2-4 hours in the fridge. Marinate salmon for 15-30 minutes.

Drain fillets and discard remaining marinade. Grill or roast fillets until completely cooked.

Nutrition Facts			
Serving Size: 4 oz. fillet			
Servings: 1			
Amount Per Serving			
Calories 290	Calories from Fat 180		
% Daily Value*			
Total Fat 20g	31%		
Saturated Fat 3g	15%		
Trans Fat 0g			
Cholesterol 60mg	21%		
Sodium 210mg	9%		
Total Carbohydrate 5g	2%		
Dietary Fiber 0g	1%		
Sugars 4g			
Protein 23g			
Vitamin A 2%	• Vitamin C 0%		
Calcium 2%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

