

SPRING FLAVOR



Smokey Blueberry BBQ Sauce with Salmon

Packed full of vitamins, minerals and antioxidants, blueberries are touted for their countless health benefits. For a mere 84 calories per 1 cup serving, these juicy berries pack a flavorful punch along with an abundance of nutrients. This recipe pairs the berries with heart-healthy salmon in a unique and delicious sauce. There are countless ways to enjoy seasonal blueberries, so visit the market and *Eat Right* today!

SERVES: 4 - 6

INGREDIENTS:

1 lb.	Salmon filet (or other fish or chicken breasts)	1 tsp.	Worcestershire sauce
To taste	Black pepper and salt (modest amount)	1-2 cloves	Garlic, minced
1 cup	Blueberries	¼ cup	Onion, minced
½ cup	Tomato paste or sauce (no salt added)	1 tsp.	Chipotle powder
2 tbsp.	White vinegar	½ tsp.	Ground mustard
1 tbsp.	Balsamic vinegar	¼ tsp.	Salt
2 tbsp.	Pure maple syrup	To taste	Ground black pepper

DIRECTIONS:

1. Preheat oven to 400°.
2. Sprinkle salmon with black pepper and a modest amount of salt.
3. Heat a small saucepan over low heat and cook blueberries until they begin to break down.
4. Mash the blueberries with a wooden spoon. Add in remaining ingredients (tomato paste through black pepper). Whisk together and increase heat to medium until it begins to bubble, then decrease to low and simmer, stirring occasionally for about 20 minutes until mixture thickens.
5. Cook salmon for 10 minutes, brush with ½ of the sauce and return to oven to finish baking another 5-10 minutes or until salmon flakes easily with a fork.
6. Divide salmon into 4-5 servings and top with remaining blueberry sauce. Pair with a green salad, grilled or roasted asparagus and a baked sweet potato sprinkled with cinnamon and a dollop of plain yogurt.

ALTERNATIVES:

- Top a green salad with fresh blueberries, sliced cucumbers, 1-2 tbsp. goat cheese and 1 tbsp. sliced almonds.
- Mix berries with plain, low-fat yogurt, 1 ounce nuts or ¼-½ cup whole-grain cereal and cinnamon.
- Add berries to a whole-wheat wrap with 2-3 ounces sliced roast turkey or chicken breast, spinach and a drizzle of balsamic vinegar.
- Add blueberries to whole-wheat pancake, muffin or quick bread recipes. Choose low-sugar recipes.
- Toss berries with cooked grains (quinoa, millet, bulgur or brown rice), chopped parsley, lemon juice, chopped and steamed snap peas and sliced green onions.
- Puree with plain yogurt or milk, 1 tbsp. nut butter and ice for a blueberry smoothie.

