

Salmon a rich source of omega-3 fatty acids, healthy fats that reduce the risk of heart disease, whittle your waistline, reduce inflammation, and improve insulin resistance. It's also a dietary source of vitamin D.

Salmon with Mango Chutney

Ingredients

- 1/3 cup orange juice
- 1 tablespoon finely minced ginger
- 2 teaspoons canola oil
- 2 teaspoons low-sodium soy sauce
- 6 salmon fillets
- 2 tablespoons hot mango chutney
- 1 tablespoon orange juice

Instructions

1. In shallow bowl or re-sealable plastic bag, combine orange juice, ginger, canola oil and soy sauce. Completely coat salmon fillets with mixture. Marinate in refrigerator for 4 hours. Remove salmon and discard marinade.
2. In small sauce pan or microwave-safe small bowl, combine mango chutney and orange juice; warm to liquefy chutney.
3. Preheat oven to 375 °F (190 °C). Lightly spray baking sheet with canola oil cooking spray. Place salmon fillets on baking sheet. Brush with chutney mixture.
4. Bake in pre-heated oven for 10-12 minutes or until fish is opaque and flakes easily with fork

Source: <https://www.diabetes.ca/diabetes-and-you/recipes/salmon-with-mango-chutney>

