

Balsamic salmon with pears and pecans

Serves 6

6 salmon fillets
1 22.75 oz. can pears, in juice
½ c. balsamic vinegar
½ tsp. black pepper
½ tsp. salt
3 T. orange juice
¾ c. chopped pecans
lettuce, for plating

Thaw salmon, if frozen. Pat dry with paper towels. Set aside.

Drain pears, reserving syrup. Set pears aside. Combine reserved syrup and balsamic vinegar in a small saucepan. Bring to boil; reduce heat. Stir in orange juice. Simmer, uncovered, for 10 to 15 minutes or until thickened and reduced to about half. Set aside. Preheat broiler while glaze simmers.

Season salmon with salt and pepper. Place on greased broiler pan. Broil four inches from heat for four minutes. Turn, brush generously with the balsamic glaze. Broil again for two minutes.

Turn again and brush with glaze, leaving about 2 tablespoons of glaze in the pan. Broil for two more minutes or until salmon flakes when tested with fork. To serve, place lettuce on plate. Top with salmon and pears. Sprinkle pecans over salmon and pears.