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**BROILED SALMON WITH
SWEET-AND-SOUR CUCUMBERS**

Intermediate Lifestyle

Ingredients - Salmon

2 TBS Dijon mustard
1 TBS brown Splenda
½ TSP Morton's Lite salt
8 (6 oz.) salmon fillets (about 1-inch thick)
cooking spray

Instructions

1. Prepare broiler.
2. Combine the first 3 ingredients. Brush mustard mixture over fillets. Place fillets, skin sides down, on a broiler rack coated with cooking spray.
3. Broil 8 minutes or until fish flakes easily when tested with a fork. Serve fish with Sweet-and-Sour Cucumbers.

Ingredients - Cucumbers

4 cups thinly sliced, peeled cucumber (about 3 large cucumbers)
3 TBS Splenda
½ TSP Morton's Lite salt
¼ cup cider vinegar
1 TBS chopped fresh or 1 TSP dried dill

Instructions

Place first 3 ingredients in large bowl. Toss gently to coat. Stir in vinegar and dill. Cover, chill 2 hours.

Portion-Per-Serving Information (Serves 8): Serving = 1 fillet + 1/3 cup cucumbers = 1 P, 1 V