



# Healthy Food for a Wealthy Mood



## Glazed Salmon with Couscous

1¼ cups water  
3/8 tsp. kosher salt, divided  
3/8 tsp. freshly ground black pepper, divided  
1 cup uncooked couscous  
2 Tbsp. chopped fresh dill  
¼ tsp. grated lemon rind  
1 tsp. fresh lemon juice  
2 tsp. olive oil  
1 tsp. butter  
3 Tbsp. chopped shallots  
¼ cup dry white wine  
2 Tbsp. whole-grain mustard  
1 Tbsp. brown sugar  
4 (6oz.) salmon fillets  
Cooking spray

Preheat broiler. Bring 1¼ cups water to a boil in a medium saucepan. Stir in 1/8 tsp. salt, 1/8 tsp. pepper, and couscous; cover. Remove from heat; let stand 5 minutes. Stir in dill, rind, and juice.

Heat a small saucepan over medium- high heat. Add olive oil and butter; swirl until butter melts. Add shallots; cook 2 minutes, stirring occasionally. Add wine to pan; bring to a boil. Cook 2 minutes; stir in mustard and brown sugar. Remove pan from heat.

Arrange salmon, skin side down on a jelly-roll pan lined with foil coated with cooking spray. Sprinkle salmon with remaining ¼ tsp. salt and remaining ¼ tsp. pepper. Spread half of mustard mixture evenly over fillets. Broil 6 minutes or until desired degree of doneness. Spread remaining half of mustard mixture over fillets. Serve with couscous.

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