

Easy Broiled Salmon

Servings: 4

Ingredients

- 1 to 1¼ lbs. Salmon
- Cooking spray or foil
- Optional seasoning: Garlic Mrs. Dash

Directions:

1. Make sure your upper oven rack is in the 2nd (not closest) notch from the top.
2. Preheat broiler for 5- to 10-minutes.
3. Place fish onto a cookie sheet or broiler pan (*which—for easy clean up—you've either covered with foil, or sprayed with cooking spray*).
4. Place fish under broiler and broil approximately 5-minutes *per side* (depending on the thickness of the filets).
5. Fish will flake easily with a fork when done.

Nutrition: (Serving size: 4 oz. [data for wild Sockeye salmon])

Calories: 245 Protein: 31g total carbohydrate: 0g total fat: 12.4g
sugars: 0g saturated fat: 2.2g sodium: 75mg dietary fiber: 0g