

Salmon with Garlic & Basil

Author: Medifast

Prep Time: 5 mins (+1 hour marinating time)

Cooking Time: 15 mins

Ingredients

1 tablespoon fresh basil, chopped

1 tablespoon fresh lemon juice

1 teaspoon olive oil

1/2 garlic clove, minced

6 oz. salmon filet

salt and pepper to taste

1 cup romaine lettuce

1 cup spinach

Method

Combine basil, lemon juice, oil, garlic in a small bowl. Add fish and marinade for 1 hour.

Spray broiler pan with non-stick cooking spray. Place fish skin side down. Sprinkle fish evenly with salt and pepper. You may cook fish with some of the marinade for extra flavor. Broil for 10-12 minutes; turn and cook an additional 3 minutes or until skin is crispy. Serve on lettuce and spinach.

Nutrition Info.

Cal 350 | Fat 17g | Chol 105mg | Carb 6g | Pro 41g

This recipe makes 1 serving.