

Roasted Wild Salmon

Adapted from: *Gourmet*, January 2002
Category: Entrée-Fish

Servings: 1
Prep time: 15 minutes

Ingredients

- 1 (5-oz) salmon fillet with skin
- 1 teaspoon extra-virgin olive oil
- ½ Tablespoon chopped fresh chives
- ½ Tablespoon fresh tarragon leaves (*optional*)

Instructions

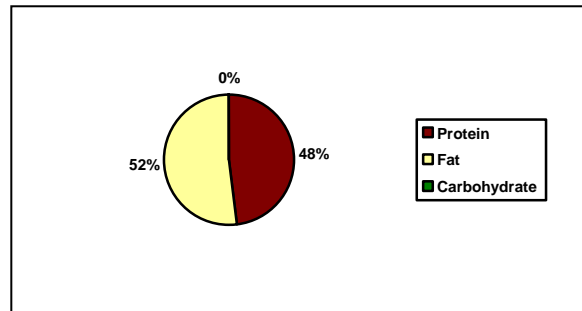
Preheat oven to 425°. Rub salmon all over with one teaspoon oil and season with pepper. Roast, skin side down, on a foil-lined baking sheet in upper third of oven until fish is just cooked through, about 12 minutes. Cut salmon in half crosswise, then lift flesh from skin with a metal spatula and transfer to a plate. Discard skin and sprinkle with herbs.

Pair with 1 ½ cup broccoli and one slice 100% whole grain bread.*

Nutritional Facts Per Serving

Recipe Only:

<p><i>Serving Size: 1 salmon fillet</i></p> <p>Sugar:Fiber = 1:1 Mono:Sat = 3:1 Calories: 240 Carbohydrates (g): 0 Fat (g): 14 Cholesterol (mg): 80 Protein (g): 28 Sodium (mg): 60</p>



*Recipe + Pairing:

<p><i>Serving Size: 1 salmon fillet, bread, broccoli</i></p> <p>Sugar:Fiber = 1:1.3 Mono:Sat = 3:1 Calories: 370 Carbohydrates (g): 27 Fat (g): 15 Cholesterol (mg): 80 Protein (g): 36 Sodium (mg): 280</p>
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