

Featured recipe of the month

Lemon Garlic Salmon

Makes 4 servings



Ingredients

4-3 oz salmon fillets
1/2 tsp black pepper
2 tsp olive oil
4 tbsp lemon juice
8 cloves garlic, minced
2 tbsp fresh dill, minced

Nutrition Facts Per Serving (3 oz salmon fillet)

Calories 186
Carbohydrates 3 g
Protein 22 g
Total Fat 9 g
Phosphorus 228 mg
Potassium 573 mg*
Sodium 49 mg

*Not a low potassium food. Consume in moderation if following a low potassium diet.

Sprinkle salmon with pepper.

Heat a large skillet over medium-heat. Add olive oil and let it heat for 30 seconds.

Place the salmon in the skillet, skin-side up, and cook for 3 to 4 minutes. Flip the salmon and cook the other side for 3 more minutes. Move the salmon to one side of the pan.

Pour lemon juice into the empty space in the skillet and add the garlic cloves. Sauté for 60 seconds.

Spoon the garlic-lemon mixture over the salmon and cook until the fish flakes easily with a fork.

Sprinkle fresh dill on top before serving.

Enjoy!