

Caribbean Seasoned Salmon

Makes 2 pieces: Serving size 1 piece

Preparation: 5 min & Cook: 30 min

Ingredients:

- 2 pieces of wild caught salmon (4 oz each)
- Mrs. Dash Caribbean seasoning, no salt added

Directions:

1. Preheat oven to 350°F.
2. Make sure salmon is thawed and place in a greased pan. Leave skin on the bottom.
3. Sprinkle seasoning over the top of fish. Cook approx. 30 min when the inside is no longer transparent.
4. Allow the pieces to cool enough to peel skin off the bottom with a form.
5. Transfer the salmon to plates. Serve with a side vegetable.



Nutrients per serving: 133.3 calories, 22g protein, 12g carbohydrates, 4g fat